

## Onion Rice and Pasta Pilaf

### Ingredients:

1 T. canola oil

1 small onion, chopped

1 C. total rice and raw dry pasta, any shape, mixed

2 C. reduced salt stock, either vegetable, chicken or beef, barely boiling\*

(\*Homemade broth is acceptable using ¼ teaspoon salt to 1 pint liquid. (Do not use low sodium bouillon or low sodium broth as it contains potassium.)

### Procedure:

Heat the oil in a saucepot. Add the onion and cook until it is translucent. Pour in the rice and raw pasta and stir to coat with the oil. Next, pour in the hot stock, lower to a simmer and cook for about 15 - 20 minutes or until all the moisture has been absorbed. Fluff with a fork and serve.

Portion: ½ cup

### Nutrient content:

90 calories

3 grams protein

5 milligrams calcium

24 milligrams phosphorus

119 milligrams sodium

98 milligrams potassium

Exchange: 1 Starch