



...from our kitchen to yours

Rice Pilaf

Canola Oil cooking spray

½ cup chopped onion

½ cup rice

½ cup **Wheatena**

2 cups chicken broth

or

2 packets **G Washington's Golden seasoning**

Preheat oven to 375F. Spray skillet with cooking spray. Saute onion until tender. Stir in rice and **Wheatena**. In a 1 ½ quart-casserole, combine rice mixture and chicken broth. Cover and bake 35 minutes or until rice is tender and liquid is absorbed.

Yields 6 side dish servings.

