



## Turmeric Vermicelli Rice

***Makes four cups of cooked rice***

1 cup white rice  
1 cup vermicelli cut up into 1- inch pieces  
1 tablespoon ground turmeric  
3 cups water  
1 tsp. Salt  
1 tablespoon butter

Melt the butter in a pan. Add the rice and vermicelli and fry, stirring often, until vermicelli starts to brown.

Add the turmeric and mix well. Add the water and season with salt.

Bring rice to a boil, cover and reduce heat. Simmer for 20 minutes until liquid dries up and rice is cooked. Fluff with a fork, serve and enjoy!

½ cup rice - CALORIES 205.05; FAT 2.17 grs (sat 0.97; mono 0.43; poly 0.36); PROTEIN 5.22 grs ; FIBER 1.47 grs; CARBS 39.52 grs; CHOLESTEROL 3.81 mg; IRON 2.24 mg; SODIUM 295.01 mg; CALCIUM 11.25 mg