the Frugal Chef

White Rice

Serves four

1 TBS olive oil
1 cup white rice
2 cups boiling water
1 tsp. Salt

Rinse the rice. Heat the oil in a pan. Add the rice and dry it, stirring frequently. Add the water and salt. Bring to a boil, cover, and reduce the heat.

Steam the rice - on low heat - for about 20 minutes. The rice must be fluffy and all the liquid must have completely evaporated. Serve and enjoy!

CALORIES 198.64; FAT 3.68 grs (sat 0.54; mono 2.55; poly 0.43); PROTEIN 3.29 grs ; FIBER 0.6 grs; CARBS 36.97 grs; CHOLESTEROL 11.25 mg; IRON 2.01 mg; SODIUM 587.30 mg; CALCIUM 16.89 mg

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