

My cookbook has a few recipes that have been around for years, some with name brand labels, despite the preponderance of salt and other unhealthy additives, not to mention chemicals in those commercial products. This recipe I picked up by viewing a PBS program on vegetarian cooking, which I'm not that crazy about. You can find many recipes in *The Read My Lips Cookbook* and on my web site without meat – or perhaps only some chicken bouillon. This rice pasta pilaf gets much of its flavor from browning the vermicelli – or thin spaghetti, if you prefer – as well as the addition of the bouillon before adding the water. It might be familiar to you as *Rice-a-roni*, without all the sodium. I use no-sodium bouillon, but the regular kind is fine, too.

Rice pasta pilaf

serves 6

1/2 cup vermicelli, broken into 1/2 inch lengths
2 Tbsp olive oil
1/2 cup basmati rice
1 Tbsp low sodium chicken bouillon
2 cups water
1/4 cup chopped fresh chopped parsley or 2 Tbsp dried

Brown the vermicelli in the oil over low heat in a large skillet. Add the rice and cook until it becomes almost clear, add the bouillon and cook for five minutes, stirring. Add The water and parsley, bring to a boil, lower the heat and simmer until all the water is absorbed. Serve.