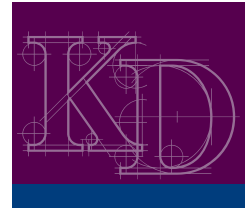


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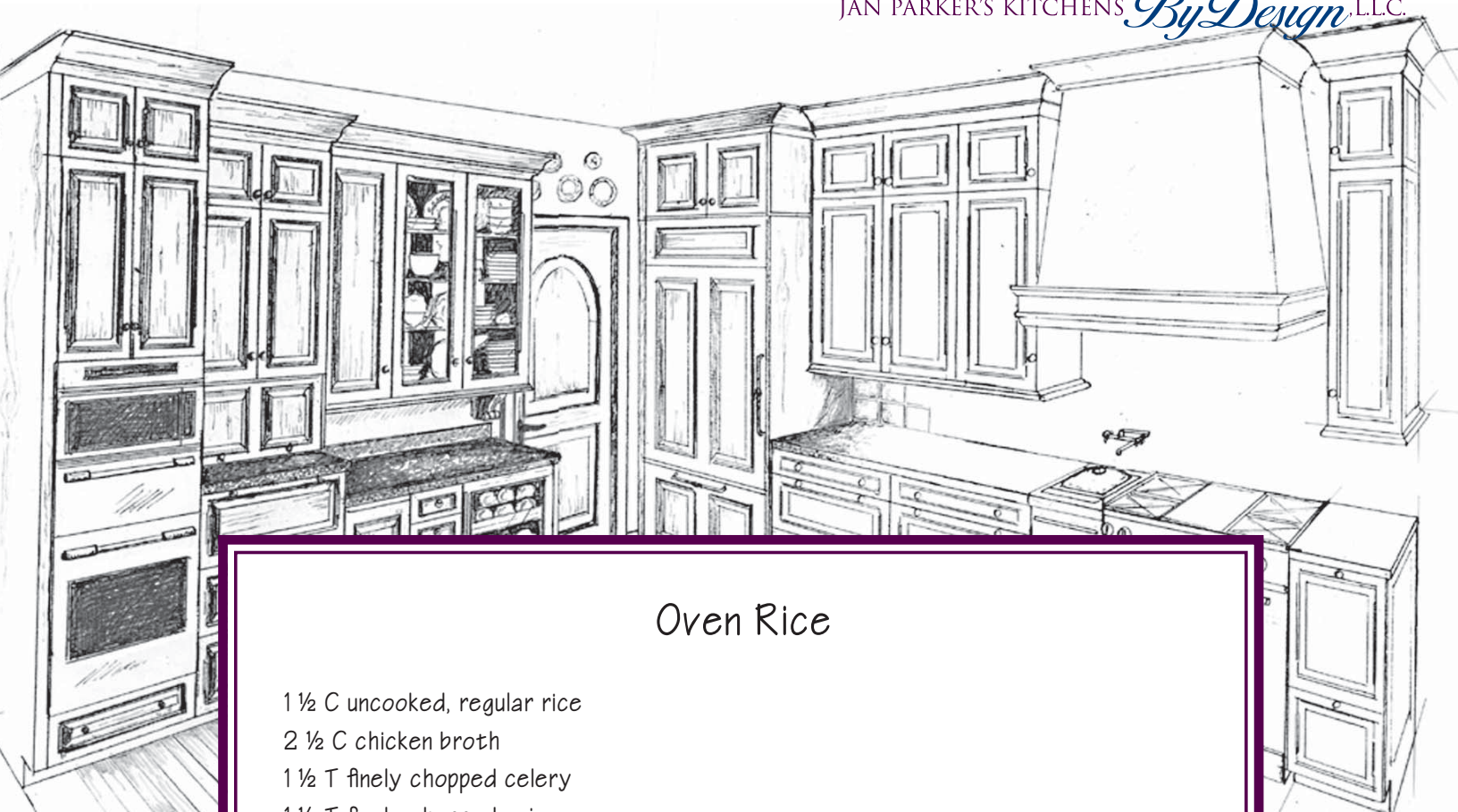
WENDY MAYES, CKD, ASID

Professional Designers, Avid Cooks

... a winning combination!



JAN PARKER'S KITCHENS *By Design* L.L.C.



Oven Rice

- 1 ½ C uncooked, regular rice
- 2 ½ C chicken broth
- 1 ½ T finely chopped celery
- 1 ½ T finely chopped onion
- 1 ½ T finely chopped green pepper
- 1 ½ T butter or margarine
- ½ tsp salt
- 1/8 tsp garlic powder
- Dash ground red pepper
- Pinch of white pepper

Combine all ingredients in a 2 quart baking dish. Cover and bake at 350 degrees for 1 hour or until all liquid is absorbed. Yield: 6 servings.

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