



Chicken and grape pilaf

6 Servings

- 2 cups cooked turkey, or chicken
- 1 ½ cups rice
- ¼ cup green onions, sliced with tops
- 3 ½ cups GFCF chicken broth
- 1 teaspoon GFCF margarine
- ½ teaspoon cinnamon
- ½ teaspoon allspice
- 2 cups grapes, halves

Heat all ingredients except grapes to boil in 2 qt pan. Stir once or twice. Reduce heat and cover. Simmer 14 minutes. (do not lift lid or stir) remove from heat. Stir in grape halves. Fluff rice. Cover and let steam 5 to 10 min.

<http://www.lincolntent.com/GFCF-Poultry.html>