

From Field to Plate

INGREDIENTS



4 bacon strips, halved

6-8 quail (about 2 pounds)

1 cup shredded carrots

1/2 cup sliced green onions

1/2 cup minced fresh parsley

2- 1/2 cups chicken broth

1 cup uncooked long grain rice

1/2 teaspoon salt

1/4 teaspoon lemon-pepper seasoning

(1 cup sliced mushrooms may be added if desired)

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In a large skillet over medium heat, cook bacon until partially done. Remove bacon; drain, reserving 2 tablespoons of drippings. Brown quail in drippings. Remove and keep warm. Saute carrots, onions, parsley (*and mushrooms, if desired*) in drippings until tender. Add broth, rice, salt, and lemon-pepper; bring to a boil. Place quail over rice; place one bacon strip on each. Reduce heat; cover and simmer for 25-30 minutes or until the rice is tender and quail is cooked.