



Snappy Rice Dish

Servings: 2

Serving Size: 1 ½ cups

Ingredients:

- 1 cup frozen mixed vegetables, or fresh vegetables, washed and cut into bite size pieces
- ½ cup low-sodium chicken broth or water
- 1 cup brown rice, cooked
- ½ can kidney beans, rinsed and drained
- 1 teaspoon dried dill
- Pepper to taste

Directions:

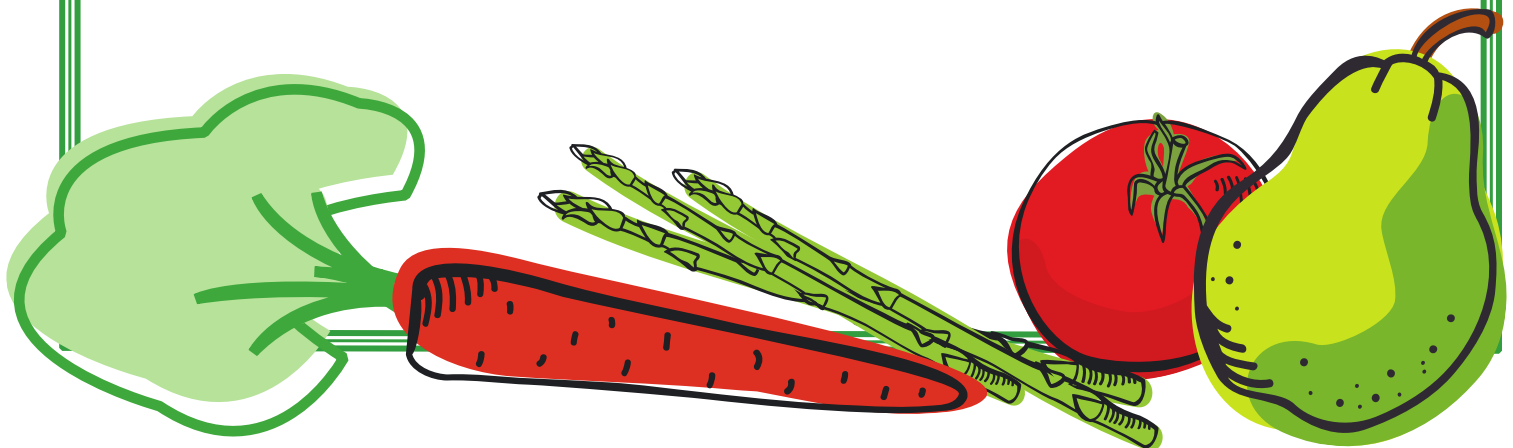
1. Cook the vegetables in the chicken broth (or water) using a small pan, pot, or electric skillet, on medium high heat.
2. Cook the vegetables until tender. Add more broth as needed to keep the vegetables moist.
3. Add the rice, canned beans, and seasonings. Cook until heated through.
4. Microwave version: Follow the same steps above. Use a microwave-safe, covered dish. Stir the vegetables every 2 to 3 minutes. Just before they are fully cooked, add the rice, beans, and herbs.
5. Cook until heated. Rotate the dish & stir gently.

Nutrition Facts	
Serving Size 1 1/2 cup	
Servings Per Container 2	
Amount Per Serving	
Calories 240	Calories from Fat 5
% Daily Value*	
Total Fat 1g	2%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 300mg	13%
Total Carbohydrate 48g	16%
Dietary Fiber 8g	32%
Sugars 5g	
Protein 11g	
Vitamin A 25%	Vitamin C 6%
Calcium 8%	Iron 15%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4



For more recipes: www.eatsmart.umd.edu

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