

Spanish Rice

Ingredients:

2 cups brown rice, cooked
 Vegetable oil spray
 1 onion
 1 cup salsa, reduced sodium

Equipment:

Cutting Board
 Knife
 Non-stick skillet
 Measuring cups

Number of Servings: 4
 Prep Time: 15 minutes
 Total time: 15 minutes

Directions

1. Cook brown rice according to package directions.
2. Heat oil in non stick skillet to medium. Cut the ends off of the onion, and peel off the brown layers. Run under water to remove any dirt. Cut the onion in half lengthwise, and place the flat side on the cutting board. Slice across the onion, from one side to the other, then lay the slices on their side, and slice from the widest side to the smallest, across the onion. Chop up any large pieces. Add to skillet. Cook until tender.
3. Add rice to skillet and toss with onion.
4. Add salsa to skillet and mix thoroughly until heated through.

For more recipes, please visit:
www.fcs.ext.vt.edu/recipes



Friend us on Facebook and
 follow us on Twitter

www.facebook.com/vafnp
www.twitter.com/vafnp

Nutrition Facts

Serving Size: 3/4 cup
 Servings: 4

Amount Per Serving		Calories from Fat 9	
Calories 138		%Daily Value*	
Total Fat	1g		2%
Saturated Fat	trace 1g		1%
Cholesterol	0mg		0%
Sodium	283mg		12%
Total Carbohydrate	29g		10%
Dietary Fiber	3g		13%
Protein	3g		7%
Vitamin A	8%	Vitamin C	18%
Iron	7%	Calcium	3%

*Percent Daily Values are based on a 2,000 calorie diet.

The U.S. Department of Agriculture (USDA) is an equal opportunity provider and employer. This material is partially funded by USDA's Supplemental Nutrition Assistance Program – SNAP. The Supplemental Nutrition Assistance Program (SNAP) provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, contact your county or city Department of Social Services or to locate your county office call toll-free: 1-800-552-3431 (M-F 8:15-5:00, except holidays). By calling your local DSS office, you can get other useful information about services. This material was partially funded by the Expanded Food Nutrition Education Program, USDA, NIFA.