SPANISH RICE

SERVES 8
Serving Size: ½ cup

INGREDIENTS

2 cups uncooked brown rice
1 to 1-1/2 cups mild salsa
1 cup canned corn
1/2 cup shredded cheddar cheese

DIRECTIONS

1. Cook rice - follow package instructions.
2. Stir salsa and corn into cooked rice.
3. Sprinkle cheese over rice.
4. Continue to warm in pan until cheese is melted.

VARIATIONS

• Remember that whole grains may require a longer prep time. Try instant brown rice for a shorter cook time.
• Add different chopped veggies like green bell peppers, carrots, peas, or other fresh veggies from the garden to change it up.
• Rinse off the canned corn before adding it to the rice mixture to lower the salt content.

Nutrition Facts

Serving Size: ¼ cup
Servings per Recipe: 8
Amount per Serving: ¼ cup
Calories: 225
Calories from Fat: 36
Total Fat: 4.0 g
Saturated Fat: 1.8 g
Trans Fat: 0.0 g
Polyunsaturated Fat: 0.7 g
Monounsaturated Fat: 1.2 g
Cholesterol: 7 mg
Sodium: 310 mg
Total Carbohydrate: 42 g
Dietary Fiber: 3 g
Protein: 6 g
Vitamin A: 5% Vitamin C: 2%
Calcium: 7% Iron: 5%

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SIMPLY GOOD EATING

Adapted from SNAP-Ed Connection.