

Rice with Cheese and Vegetables

8 servings

Ingredients:

- 2 cups long grain white rice, uncooked
- 1 tablespoon vegetable oil
- 1 large onion, chopped
- 1 medium green pepper, chopped
- 1 teaspoon garlic powder
- ¼ teaspoon black pepper
- 1 tablespoon vinegar
- 1 chicken bouillon cube
- 1 can (about 15 ounces) low-sodium green beans, drained
- 1 can (about 15 ounces) carrots, drained
- ¼ pound reduced-fat cheddar cheese, shredded



Directions:

1. Cook rice according to package directions.
2. In a large skillet over medium heat, cook onion and green pepper in the oil until soft. Stir in garlic powder and black pepper.
3. Stir vinegar, chicken bouillon, green beans, and carrots into onion and pepper mixture. Cook until warm.
4. Spoon rice into vegetable mixture, mix well, and top with cheese.

Recipe adapted from Commodity Supplemental Food Program Cookbook

Nutrition Facts	
Serving Size 1 cup	
Servings Per Container 8	
Amount Per Serving	
Calories 260	Calories from Fat 40
% Daily Value *	
Total Fat 5g	
Saturated Fat 2g	
Trans Fat	
Cholesterol 10mg	
Sodium 196mg	
Total Carbohydrate 44g	
Dietary Fiber 2g	
Sugars 2g	
Protein 7g	
Vitamin A 227 RAE	Vitamin C 16 mg
Calcium 157 mg	Iron 3mg
*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

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