

Cheesy Kale Rice

Number of servings: 4
 Preparation time: 15 minutes
 Total time: 50 minutes

Ingredients:

- 1 cup brown rice
- 2 ½ cups of water
- 2 teaspoons olive oil
- 1 onion, chopped
- 2 cloves garlic, minced
- 1 bunch kale, chopped
- 1 cup cheddar cheese, shredded
- 3 tablespoons parsley, minced
- ¼ teaspoon black pepper

Equipment Needed:

- Cutting board
- Knife
- Mixing spoon
- Measuring spoons
- Measuring cups
- Large Skillet
- Medium pot with tight fitting lid
- Grater



Directions

- Bring rice and water to a boil in a pot with a lid. Reduce heat to low and simmer, covered, until tender and most of the liquid has been absorbed, 40-50 minutes. Let stand 5 minutes, then fluff with a fork.
- While the rice is cooking, heat oil in a skillet. Add the onion and cook over medium heat, until onion turns translucent.
- Add the garlic and cook 2-3 minutes, stirring occasionally.
- Add the kale leaves and sauté 4-6 minutes, until leaves are wilted.
- Add the rice, cheese, parsley and pepper. Stir until combined and cheese is melted. Serve hot.

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Nutrition Facts

Serving Size 1 serving (305.13g)
 Servings Per Container 4

Amount Per Serving

Calories 310 **Calories from Fat** 60

% Daily Value*

Total Fat 7g **11%**

Saturated Fat 2g **10%**

Trans Fat 0g

Cholesterol 5mg **2%**

Sodium 310mg **13%**

Total Carbohydrate 7g **2%**

Dietary Fiber 2g **8%**

Sugars 3g

Protein 14g

Vitamin A 70% • Vitamin C 80%

Calcium 20% • Iron 10%

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

Remember to always wash vegetables before consuming them.

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