

# Eat Smart • Move More

## Spanish Rice

Prep Time: 10 minutes

Total Time: 30 minutes



### Ingredients

- 2 cups brown rice, cooked
- 1 tablespoon canola oil
- 1 onion, chopped
- ½ cup salsa

### Nutrition Facts

4 servings per container	
<b>Serving size</b>	<b>1 serving</b>
	<b>(297.33g)</b>
<b>Amount per serving</b>	
<b>Calories</b>	<b>240</b>
<b>% Daily Value*</b>	
<b>Total Fat</b> 5g	<b>6%</b>
Saturated Fat 0.5g	<b>3%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 240mg	<b>10%</b>
<b>Total Carbohydrate</b> 44g	<b>16%</b>
Dietary Fiber 3g	<b>11%</b>
Total Sugars 6g	
Includes g of Added Sugars	
<b>Protein</b> 5g	
Vitamin D 0mcg	<b>0%</b>
Calcium 34mg	<b>2%</b>
Iron 1mg	<b>6%</b>
Potassium 303mg	<b>6%</b>

\*The % Daily Value (DV) tells you how much a nutrient in a serving contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

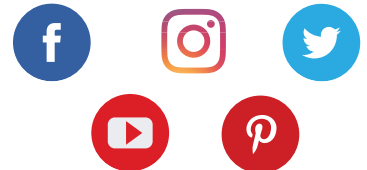
### Directions

- Cook rice according to the package directions. Set aside when done.
- Heat oil in a skillet over medium heat. Stir in onion and cook until tender, about 5 minutes.
- Add rice to the skillet, stirring often. When rice begins to brown, stir in salsa.
- Reduce heat and cover until all liquid is absorbed.

### Quick Tips

- ▶ Add in some beans, like kidney or black beans, for extra protein and added fiber.
- ▶ Brown rice doubles when cooked. 1 cup dry = 2 cups cooked.
- ▶ Pair with our Chicken Quesadilla recipe for a complete meal.

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This institution is an equal opportunity provider. This material was funded by USDA's Supplemental Nutrition Assistance Program - SNAP.

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(Recipe adapted from: <http://allrecipes.com>.)

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