

Eat Smart • Move More

Cheesy Kale Rice

Prep Time: 15 minutes

Total Time: 50 minutes



Ingredients

- 1 cup brown rice
- 2 teaspoons olive oil
- 1 onion, chopped
- 2 garlic cloves, minced
- 1 bunch of kale, stemmed and chopped
- ½ cup reduced fat cheddar cheese, grated
- 3 tablespoons parsley, minced
- ¼ teaspoon ground black pepper



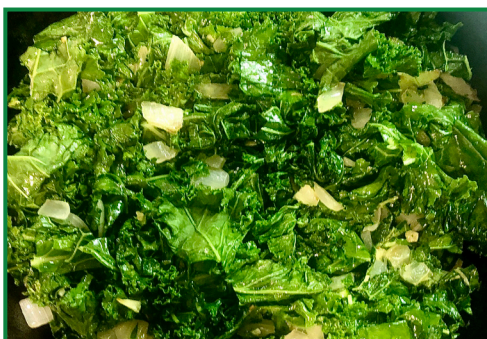
Directions



1. Prepare rice according to package directions. Set aside.



2. Add oil to a skillet over medium heat. Add onion and cook until translucent.
3. Add garlic and cook 2-3 minutes more, stirring occasionally.



4. Add the kale and sauté 4-6 minutes, until leaves are wilted.



5. Stir in rice, cheese, parsley, and black pepper. Mix until combined and cheese is melted.

Nutrition Facts

4 servings per container
Serving size **1 serving**
(128.16g)

Amount per serving
Calories **260**

		% Daily Value*
Total Fat	7g	9%
Saturated Fat	2.5g	13%
Trans Fat	0g	
Cholesterol	10mg	3%
Sodium	105mg	5%
Total Carbohydrate	42g	15%
Dietary Fiber	3g	11%
Total Sugars	2g	
Includes g of Added Sugars		
Protein	9g	
Vitamin D	0mcg	0%
Calcium	176mg	15%
Iron	1mg	8%
Potassium	353mg	8%

*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.

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(Recipe adapted from: <https://peasandcrayons.com>.)

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