

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

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.

Directions

- Prepare rice according to package directions. Set aside.
- Add oil to a skillet over medium heat. Add onion and cook until translucent.
- Add garlic and cook 2-3 minutes more, stirring occasionally.
- Add the kale and sauté 4-6 minutes, until leaves are wilted.
- Stir in rice, cheese, parsley, and black pepper. Mix until combined and cheese is melted.

Quick Tips

- ▶ Instead of fixing on the stovetop, you can bake this recipe in a casserole dish at 350°F for 45 minutes or until bubbly.
- ▶ Mushrooms can be added for a different flavor and texture.

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

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