

Spanish Rice

This recipe contains whole grains. Making half your grains whole may help protect you against many chronic diseases.

Ingredients:

- 1 cup low sodium **chicken stock**
- 1 cup **instant brown rice**
- 1 (1.25 ounce) packet **taco seasoning** or 1/4 teaspoon each of **chili powder, garlic powder, ground cumin, and oregano,**
- 1/3 cup **salsa**
- 1/3 cup **corn kernels** (if using canned drain and rinse)
- 1/3 cup **black beans** (if using canned drain and rinse)

Directions:

1. Boil the chicken stock & seasonings in a medium pot.
2. Once mixture comes to a boil add the rice, salsa, corn and beans.
3. Turn heat to low and cover pot.
4. Allow to cook on low, undisturbed, for 10 minutes.
5. After 10 minutes, toss the rice a bit, and serve!
6. Refrigerate leftovers within 2-3 hours.

Tip:

Substitute 1 cup of Farmers Market Salsa in place of the last three ingredients.

Farmers Market Salsa:

- 1/8 cup of fresh, frozen or canned corn
- 1/2 cup drained and rinsed black beans
- 1/8 cup fresh diced tomatoes
- 2 tablespoons diced onions
- 2 tablespoons diced green onion
- 1 1/2 teaspoon lime juice
- 1 small clove of garlic, minced
- 2 tablespoons picante sauce

Combine all ingredients in a bowl and mix.

Nutrition Facts	
Serving Size 1/2 cup (146g)	
Servings Per Container 4	
Amount Per Serving	
Calories 130	Calories from Fat 10
% Daily Value*	
Total Fat 1g	2%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 410mg	17%
Total Carbohydrate 24g	8%
Dietary Fiber 3g	12%
Sugars 2g	
Protein 4g	
Vitamin A 2%	• Vitamin C 2%
Calcium 2%	• Iron 6%
*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 300 mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

Source: 2007. Juanita Lewis, OSU Extension Service, Portland. For more recipes and other resources on eating well for less, see our web site at <http://healthyrecipes.oregonstate.edu>.