

Spicy Rice

4 servings

Ingredients:

- 1 onion (chopped)
- 2 jalapeno peppers (chopped and seeded)
- 2 cloves garlic (chopped)
- 2 tablespoons low-sodium tomato paste
- 2 1/2 cups water
- 1/2 teaspoon salt
- 2 tablespoons light buttery spread
- 1 cup medium grain white rice (uncooked)
- 1/2 cup low-sodium canned green peas (drained)
- 1/2 cup low-sodium canned carrots (drained)



Directions:

1. In a bowl mix onion, peppers, garlic, tomato paste, ¼ cup of water and salt; set aside.
2. In a skillet, melt light buttery spread over medium heat and cook rice, stirring every once in a while, until golden.
3. Stir in remaining water, peas, carrots, and onion mixture. Bring to a boil over high heat.
4. Reduce heat to low, cover and cook for 20 minutes or until rice is tender.

Recipe adapted from Countrycrook.com.

Nutrition Facts	
Serving Size 1 cup	
Servings Per Container 4	
Amount Per Serving	
Calories 247	
% Daily Value *	
Total Fat	3g
Saturated Fat	1g
Trans Fat	
Cholesterol	0mg
Sodium	461mg
Total Carbohydrate	49g
Dietary Fiber	4g
Sugars	4g
Protein	5g
Vitamin A	486mcg RAE
Calcium	39mg
Vitamin C	11mg
Iron	3mg
*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 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat	9 - Carbohydrate 4 - Protein 4

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