

Meatless Choice! Spanish Rice Bake & Fresh Fruit Salad ~ choose one side item to complete your meal

Spanish Rice Bake

6 servings

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|--------------|------------------------------------|-------|--|
| 1 tsp | Vegetable oil | 1 tsp | Ground cumin |
| 1 cup | Onions, fresh, sliced | 1 tsp | Garlic powder |
| ¼ cup | Red or yellow Bell pepper, chopped | ½ tsp | Tabasco sauce (optional) |
| 2 cups | Mushrooms, fresh, sliced | ¼ cup | Carrots, shredded |
| 2 cups | Brown rice, instant, dry | ¼ cup | Mozzarella cheese, part-skim, shredded |
| 1 1/2 cups | Chicken broth | | |
| 1 can, 16 oz | Diced tomatoes, with juice | | |



Preheat oven to 400 degrees F. In a large skillet, sauté onions and mushrooms in oil over medium high heat. Cook and stir for 5 minutes. Add rice, broth, tomatoes and their juice, seasonings, and carrots to pan. Cook and stir for 6-8 minutes, until rice is almost done. Transfer mixture to a baking pan and sprinkle with cheese. Bake uncovered for 5-10 minutes, until cheese melts. *Note: Use vegetable broth and soy cheese for a vegan recipe.*

- Vegetable oil on sale**
- Fresh Bell peppers on sale**
- Fresh mushrooms on sale**

- Canned diced tomatoes on sale**
- Fresh baby carrots on sale**
- Chunk Mozzarella cheese on sale**

- Fresh pears on sale**
- Fresh apples on sale**
- Fresh cantaloupe on sale**

Casserole Recipe Nutrition per serving

294 calories; 9 gm protein; 57 gm carbohydrate; 4 gm total fat; 1 saturated fat; 0 trans fat; 12 mg cholesterol; 5 gm fiber; 370 mg sodium

To Make Fruit Salad: Wash pears, apples and cantaloupe in cool tap water. Shake off water or pat dry with a clean cloth. Remove core from pears and apples and cut into bite-size pieces. Remove skin and seeds from cantaloupe and cut fruit into bite-size pieces. Place all fruit in a bowl and mix together gently.

Side Items:

- 1. Steamed Fresh Cabbage** – Affordable, staple ingredient: Fresh cabbage, red or green, or a mixture of red and green.
To Make: Wash fresh cabbage in tap water. Get out a cutting board and knife and then cut thin strips of cabbage. Cut into 2 inch length pieces and place in a saucepan. Add 1/4-1/2 cup water and a lid. Cook on medium heat until cabbage is fork-tender. Drain water, drizzle with a tiny bit of olive oil, and dust with salt and/or pepper to taste.
- 2. Lemony Cauliflower or Broccoli** – Affordable, staple ingredient: Lowes Foods Brand frozen cauliflower or broccoli spears.
To Make: Cook frozen cauliflower or broccoli according to package directions. Drain water. Sprinkle grated lemon zest (lemon’s outer skin) over the top. Dust with salt and pepper to taste.
- 3. Grilled Sweet Potato Chunks** – Affordable, staple ingredient: Fresh sweet potatoes.
To Make: Wash potatoes well in cool tap water. Cut into large, bite-size chunks. Measure sheets of aluminum foil about 10 x 12 inches large and then spray lightly with cooking oil spray. Place 4-6 potato chunks in the center of the foil and add a tiny bit of butter, salt and pepper. Fold 2 ends of the foil up to make a tent and pinch closed. Close other 2 ends of foil. Place on grill at medium high heat for 8 -12 minutes, until tender when poked with a fork.
Note: May cook potatoes in a 400 degree oven (foil packets on a baking sheet) rather than on the grill.