



Spanish Rice

Ingredients

- 2 ¼ cups water
- 1 cup brown rice, uncooked
- 1 tablespoon canola oil
- 1 onion, chopped
- 1 cup salsa

Directions

1. Measure water and rice into a saucepan and bring to a simmer. Cover with lid and turn heat to low. Cook for 45 minutes.
2. Remove the lid and stir once to make sure the water has been absorbed. If not, cook for 5 more minutes and recheck. When done, remove from heat and set aside.
3. In a skillet, heat oil to medium. Add chopped onion and cook until translucent.
4. Add cooked rice to skillet and toss with onion.
5. Add salsa to skillet and mix thoroughly until heated through. Serve.

Nutrition Facts

Serving Size 1 serving (339.78g)
Servings Per Container 4

Amount Per Serving

Calories 280 **Calories from Fat** 45

% Daily Value*

Total Fat 5g **8%**

Saturated Fat 0.5g **3%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 460mg **19%**

Total Carbohydrate 11g **4%**

Dietary Fiber 2g **8%**

Sugars 7g

Protein 5g

Vitamin A 6% • Vitamin C 8%

Calcium 4% • Iron 8%

* Percent Daily Values are based on a 2,000 calorie diet.