

Spinach and Carrot Rice Pilaf

Makes 4 servings

Ingredients:

1 tablespoon butter
1 medium carrot, grated
1 small onion, finely chopped
1 cup brown rice, uncooked
2 cups vegetable or chicken stock
1 pound fresh spinach, chopped

Directions:

1. Melt butter in a heavy saucepan over medium-high heat. Add carrot and onion and sauté for 3 to 4 minutes, or until onion begins to turn golden.
2. Stir in rice and sauté for another 4 minutes until rice turns golden.
3. Stir in stock. Increase heat to high and bring to a boil. Immediately reduce heat to low, cover and simmer for 40 minutes, or until rice is tender and liquid is absorbed.
4. Stir spinach into rice mixture and cook until heated through. Serve.

Nutrient analysis per serving: Calories 188, Protein 7 grams, carbohydrates 7 grams, Fat 5 grams, Sodium 380 milligrams, Fiber 5 grams

Source: *National WIC Association*



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Easy Veggie Risotto

Makes 4 servings

Ingredients:

½ tablespoon olive oil
1 small onion, diced
¼ teaspoon salt
1 cup brown rice, uncooked
2 cloves garlic, chopped
1 ½ cups reduced-sodium chicken or vegetable broth
1 cup broccoli florets
½ cup red pepper, finely diced
½ cup frozen peas, thawed
2 ounces reduced fat cream cheese
¼ cup grated parmesan cheese

Directions:

1. In a large skillet, heat oil over medium-low heat. Add onion and salt and cook until onion softens, about 5 minutes.
2. Stir in dry rice and garlic and cook 2 to 3 minutes.
3. Add broth and bring to a boil. Cover and reduce heat to simmer and cook for 5 minutes.
4. Remove cover and spread the broccoli and red pepper on top of rice – do not stir in. Replace cover and cook on low until almost all the liquid is absorbed.
5. Stir in peas, parmesan and cream cheese until mixed in. Cook on low until the broth has been absorbed. Serve.

Nutrient analysis per serving: Calories 290, Protein 10 grams, Carbohydrates 44 grams, Fat 8 grams, Sodium 360 milligrams, Fiber 4 grams



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One Pot Chicken and Rice

Makes 6 servings

Ingredients:

1 tablespoon olive oil
1 small yellow onion, diced
3 large carrots, thinly sliced
2 stalks celery, sliced
1 ½ cups uncooked brown rice
3 cups water
1 teaspoon salt
Sprinkle of thyme (optional)
6 drumsticks or 4 whole chicken legs and thighs
Salt and pepper

Directions:

1. Preheat oven to 400°F.
2. In a large pot with an oven-proof lid (or use a skillet first and then transfer to a large casserole dish), heat oil and sauté onion, carrots and celery for a few minutes until golden.
3. Remove from heat and stir in brown rice, water, salt and thyme. Place chicken on top of rice mixture, being careful not to overlap pieces. Lightly salt and pepper the chicken. Cover with an oven-proof lid or aluminum foil and bake for about 45-50 minutes, or until rice is just about tender.
4. Remove the cover and bake for 15-20 minutes longer so the chicken becomes golden, or the rice is tender and the chicken is cooked through. Serve.

Curry and peas variation: Skip the thyme and add 1 to 2 tablespoons curry powder and one package of frozen peas along with the brown rice, water and salt in Step 3.

Nutrient analysis per serving: Calories 265, Protein 20 grams, Carbohydrates 30 grams, Fat 7 grams, Sodium 400 milligrams, Fiber 2 grams



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Beef, Brown Rice and Broccoli Stir-Fry

Makes 3 servings

Ingredients:

1 cup uncooked brown rice (try quick-cooking varieties)
1 tablespoon olive oil
½ pound beef steak, thinly sliced
2 cloves garlic, minced
2 cups broccoli florets
4 green onions, thinly sliced
2 tablespoons light soy sauce

Directions:

1. Cook rice according to package directions. Set aside.
2. In frying pan, brown beef with garlic in oil over medium-high heat.
3. Lower heat. Stir in broccoli and onion; stir fry for 3 to 4 minutes or until vegetables are tender.
4. Add soy sauce. Stir in cooked rice, heat thoroughly. Serve.

Nutrient analysis per serving: Calories 280, Protein 17 grams, Carbohydrates 35 grams, Fat 7 grams, Sodium 300 milligrams, Fiber 2 grams



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Veggie Stir-Fry Over Brown Rice

Makes 6 servings

Ingredients:

1 small onion, diced
1 tablespoon olive or canola oil
½ teaspoon sesame oil
1 ½ cups chopped broccoli florets (fresh or frozen)
1 ½ cups chopped cauliflower (fresh or frozen)
1 cup sliced red or orange bell pepper
2 teaspoons brown sugar
2 tablespoons slivered almonds
6 cups cooked brown rice
Salt and pepper (to taste)

Directions:

1. Sauté onion in oils 5 minutes.
2. Add broccoli, cauliflower and pepper. Stir-fry until tender crisp.
3. Add brown sugar and almonds, stir until vegetables are well coated.
4. Serve over brown rice.

Nutrient analysis per serving: Calories 290, Protein 6 grams, Carbohydrates 53 grams, Fat 6 grams, Sodium 15 milligrams, Fiber 6 grams



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