



Mexican Rice

With the help of frozen vegetables, this is a tasty, nutritious side dish. Garnish with chopped fresh cilantro or a sprinkle of cheese.

Makes 6 servings. $\frac{3}{4}$ cup per serving.

Prep time: 5 minutes

Cook time: 30 minutes

Nutrition information per serving

Calories 180, Carbohydrate 32 g, Protein 5 g,
Total Fat 4 g, Saturated Fat 1 g, Cholesterol 0 mg,
Sodium 115 mg, Dietary Fiber 4 g

Ingredients

- 1 tablespoon margarine
- 1 cup chopped onion
- 1 (14½-ounce) can 33% less sodium chicken broth
- 1 cup white rice
- 1 cup chopped tomatoes
- $\frac{1}{2}$ teaspoon chili powder
- $\frac{1}{4}$ teaspoon salt
- $\frac{1}{2}$ cup frozen corn, thawed
- $\frac{1}{2}$ cup frozen pea and carrot blend, thawed

Preparation

1. Heat margarine in a medium saucepan over medium heat. Add onion and sauté until soft, about 5 minutes.
2. Stir in broth, rice, $\frac{3}{4}$ cup tomatoes, chili powder, and salt. Bring to a boil; reduce heat and simmer, covered, for 25 minutes.
3. Stir in vegetables and let stand for 5 minutes. Spoon remaining tomatoes over top.

