



**Nutrition
information
per serving:**

Calories
270

Carbohydrate
55 g

Dietary Fiber
10 g

Protein
11 g

Total Fat
1.5 g

Saturated Fat
0 g

Trans Fat
0 g

Cholesterol
0 mg

Sodium
490 mg



Mexican Vegetable Rice

Try serving this rice dish with the Mango Chile Relleno al Carbon recipe (page 29) for a balanced meal.

Makes 6 servings. $\frac{3}{4}$ cup per serving. | **Prep time:** 10 minutes | **Cook time:** 25 minutes

1. In a medium saucepan, bring broth, salsa, rice, and onion to a boil over medium-high heat. Reduce heat and simmer, covered, for 20 minutes.
2. Stir corn, zucchini, bell pepper, and beans into hot rice and replace cover; let stand for 5 minutes.
3. Stir in cilantro and serve immediately.

**Want homemade salsa? See page 37 for three salsa recipes.*

- 1 $\frac{1}{3}$ cups canned chicken broth**
- 1 cup prepared red or green salsa***
- 1 cup long grain rice**
- 1 cup chopped onion**
- $\frac{3}{4}$ cup frozen corn, thawed**
- $\frac{1}{2}$ cup chopped zucchini**
- $\frac{1}{2}$ cup chopped bell pepper**
- 1 (15-ounce) can reduced sodium black beans, rinsed and drained**
- 1 tablespoon chopped fresh cilantro**

tip: Fresh or canned corn (no salt added) can also be used in this recipe.

