



Confetti Brown Rice

This colorful side dish can be made with any grain, but brown rice is used here because it's whole grain. This is great way to sneak more vegetables into your day and boost your intake of vitamins and minerals. And it's pretty to look at, too! Suitable for vegetarians if made with vegetable broth.

Approximate preparation and cooking time: 1 hour
(includes 50 minutes cooking time).

Ingredients

- 1 TBSP oil
- ½ cup finely chopped vegetables (such as broccoli, carrots, bell pepper, zucchini, tomato, onion)
- 1 cup brown rice
- 2 cups chicken or vegetable broth

Heat oil in a 1 ½ quart saucepan over medium-high heat until oil is shimmering. Add vegetables and sauté, stirring continuously for 3-4 minutes until vegetables begin to soften. Add rice and stir a minute or two, then stir in broth and bring to a boil. Reduce heat to medium-low, cover pan, and simmer 45-50 minutes until liquid is absorbed and rice is tender. Makes 6 servings

Nutrition information per serving:

140

Calories

3g

Protein

25g

Carbs

2.5g

Fat

1.5g

Fiber

Used this recipe?
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