

Whole Grain Lunch/Dinner Recipe:

Rice and Beans Red and Green



Ingredient	Approx. Cost*
1 rice-cup uncooked brown rice (long grain) – less than ½ of a 1 lb. box.	\$.36
1 cup canned pinto beans, drained and rinsed - ~ ½ of 15 oz can	\$.45
1/2 cup frozen peas - ~ 1/6 th of a 16 oz bag	\$.30
1 to 1 ¼ cup salsa – almost all of a 15 oz jar (use fresh if available)	\$2.50
1 green onion	\$.10
½ teaspoon each of cumin, chili powder, oregano	\$.75***
¼ cup chopped cilantro - ~ ½ a bunch	\$.50
½ cup shredded Monterey Jack cheese – ¼ of an 8 oz bag	\$.50
Total	\$5.46

of servings: 6 **Cost per serving: \$.91**

*Based on Peapod's on-line pricing.

***Condiments and spices are calculated as a 25 cent estimate each time they are used.

Directions: Cook rice in water (or broth) in a rice cooker. When the rice is finished and still hot, stir the peas into the rice and let sit for 1 or 2 minutes. Pour rice and peas into a large bowl and mix in the beans, salsa, green onion, cumin, chili powder, oregano and cilantro. To serve, sprinkle with shredded cheese and warm up in the microwave until cheese melts, 1 to 4 minutes depending on microwave.

Nutritional Information per 1 cup serving:

Calories	210.0
Total Fat	4.3 g
Saturated Fat	2.1 g
% of daily total	10.4% %
Carbohydrates	34.8 g
Protein	6.6 g
Fiber	5.7 g

	% of daily total**	
Vit A	5.2	%
Vit C:	4.7	%
Calcium:	11.	%
	0	
Iron	8.3	%
Good source of*	<i>Calcium</i>	
*(10% or more of the RDA)		

**based on 2000 calorie diet

