

TEX-MEX PILAF

Gluten Free, Higher Fiber, Lower Sodium, Vegetarian

Serves: 1.5 cups

Nutrition (per serving)

Calories: 282

Total Carbohydrate: 38

Total Fat: 7.5 g

Dietary Fiber: 7 g

Saturated Fat: 4 g

Protein: 15 g

Sodium: 495 mg

Ingredients

1 cup uncooked instant brown rice

1 tsp olive oil

1 large onion, chopped

6 ounces whole fresh button mushrooms, quartered

1 medium carrot, cut into matchstick-size pieces (about $\frac{3}{4}$ cup)

$\frac{1}{2}$ tsp ground cumin

$\frac{1}{8}$ tsp crushed red pepper flakes

1 cup canned black beans, rinsed and drained

1 4-ounce can chopped mild green chiles, rinsed and drained

$\frac{1}{3}$ cup snipped fresh cilantro

4 ounces reduced fat Colby and Monterey Jack cheese crumbles, or 2 ounces shredded part-skim mozzarella and 2 ounces shredded reduced-fat Cheddar cheese

Directions

1. Prepare the rice using the package directions, omitting the salt and margarine.
2. Meanwhile, heat a large nonstick skillet over medium-high heat. Add the oil and swirl to coat the bottom. Cook the onion, mushrooms, carrots, cumin, and red pepper flakes for 5 minutes, or until the vegetables begin to lightly brown, stirring frequently.
3. Stir in the beans, chiles, cilantro, and salt. Cook for 1 minute, or until the beans are heated through, stirring frequently. Remove from heat. Stir in the rice and cheese crumbles.