Dinner Tonight!

Healthy Brown Rice

2 to 3 sprays of butter flavored cooking spray
1/2 cup green onions, chopped
2 cups low fat, unsalted chicken broth
2 cups whole grain instant brown rice
1/2 cup carrots, shredded
1/4 cup ground cumin
1/8 teaspoon ground cayenne pepper

Lightly spray a medium non-stick saucepan with cooking spray. Add onion and celery to saucepan. Sauté over medium heat. Add chicken broth and bring to a boil. Mix in rice, carrots, cumin, and cayenne pepper. Cover and remove from heat. Let stand for 5 minutes. Fluff the rice with a fork and serve.

Preparation Time: 5 minutes
Cook Time: 15 minutes
Serves: 6
Cost per serving: $.59

Nutrition facts per serving:
Calories: 134
Total Fat: 2 g
Cholesterol: 8 mg
Sodium: 55 mg
Total Carbohydrate: 25 g
Protein: 5 g

Serve with: Meat and vegetables of your choice.