Dinner Tonight!

Jamaican Rice

1 tablespoon vegetable oil
1/2 large onion, sliced
1/2 red apple, cored and sliced
1 pinch curry powder
1 cup water
2/3 cup brown rice
1 teaspoon dark molasses or treacle
1 small banana, sliced
1 tablespoon unsweetened flaked coconut

Heat the oil in a saucepan over medium heat. Add the onion and red apple; cook and stir until onion is transparent. Season with curry powder, and stir in the water. Add the rice and molasses, cover, and cook over low heat until the rice is tender, and water has been absorbed, about 30 minutes. Mix in the banana, then sprinkle the coconut on top. Heat through for a moment over low heat before serving.

Preparation time: 10 minutes
Cook time: 30 minutes
Serves: 2

Nutrition Facts per Serving:
Calories: 400
Total Fat: 10.9 g
Cholesterol: 0 mg
Sodium: 10 mg
Total Carbohydrate: 71.9 g
Dietary Fiber: 5.6 g
Protein: 6 g