

SCALLION RICE

SERVES 5

This recipe takes plain rice and gives it a little flavor. This rice can be used for a snack or a side dish with a meal.

INGREDIENTS

4 ½ cups rice (brown, cooked in unsalted water)

¼ cup scallions (chopped)

1-½ tablespoon bouillon granules (low sodium)

DIRECTIONS

1. Cook rice according to the directions on package.
2. Combine the cooked rice, scallions and bouillon granules and mix well.
3. Measure 1-cup portions and serve.

Source: National Heart, Lung and Blood Institute (NHLBI), Dash Eating Plan: Lower Your Blood Pressure

NUTRITIONAL INFO: Serving Size: 1 cup Calories: 200, Fat: 1.5 grams (g), Sodium: 10 milligrams (mg) Protein: 4 grams (g).



THE FACTS ON SCALLIONS

- A SCALLION IS A VARIETY OF AN ONION.
- THEY CONTAIN VITAMINS A AND K.
- SCALLIONS HAVE A SHORT SHELF LIFE SO USE THEM FAST.
- YOU CAN EAT EVERY PART OF THE SCALLION, AND EACH PART HAS A DIFFERENT TASTE.

SIMPLY GOOD EATING



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