



Corn and Rice

Two family-pleasing sides join together for a quick and satisfying recipe. use quick-cooking brown rice for a speedier dish.

Makes 10 (1/2-cup) servings

1 cup chopped green onions
1 (16-ounce) package frozen corn, thawed
salt and pepper to taste
1/2 cup vegetable or fat-free chicken broth
3 cups cooked brown rice (any rice may be used)
1/4 cup finely chopped parsley

1. In a large nonstick skillet coated with nonstick cooking spray, sauté green onions for several minutes.
2. Add corn, salt, pepper, and broth. Continue cooking until corn is done, about 2 minutes. Stir in rice and parsley, cooking until heated through, about 3 minutes.

Nutritional Information per serving

Calories 115 | Calories from fat 6% | Fat 1 g Saturated Fat 0 g | Cholesterol 0 mg | Sodium 29 mg
Carbohydrate 25 g | Dietary Fiber 3 g | Sugars 2 g | Protein 3 g
Diabetic exchanges: 1 1/2 starch