

# Jalapeno Rice and Corn

**SERVINGS:** 8 (1/2 cup)

## INGREDIENTS:

- 1 Tbsp Food Club Canola Oil
- 3/4 cup Food Club Enriched Long Grain Rice
- 1 jalapeno pepper, finely chopped
- 1 clove garlic, minced
- 1 14-oz can Food Club Fat Free/Reduced Sodium Chicken Broth
- 2 cups Food Club frozen corn kernels, thawed



## SERVING NUTRITIONALS:

calories 130  
calories from fat 25  
total fat 2.5g  
saturated fat 0g  
cholesterol 0mg  
sodium 15mg  
total carbohydrate 24g  
dietary fiber 1g  
sugars 1g  
protein 4g  
vitamin A 2%  
vitamin C 4%  
calcium 0%  
iron 6%

FOLD

## DIRECTIONS:

1. Heat oil in medium saucepan over medium-high heat until hot.
2. Add rice; cook 2 to 3 minutes or until rice is lightly browned, stirring constantly. Stir in jalapeno peppers and garlic. Slowly stir in broth; add corn. Bring to a boil.
3. Reduce heat; cover tightly and simmer 18 to 20 minutes or until rice is tender and liquid is absorbed.
4. Let stand 5 minutes; fluff with fork before serving.

Source: Fast and Healthy Magazine, July/August 1995.

## Jalapeno Rice and Corn Shopping List



### PRODUCE:

- jalapeno pepper
- garlic clove

### WHOLE GRAINS/ BREADS/PASTA:

- Food Club Enriched Long Grain Rice

### GROCERY, FROZEN, & MISCELLANEOUS:

- Food Club Canola Oil
- 1 - 14 oz Food Club Fat Free/Reduced Sodium Chicken Broth
- Food Club frozen corn kernels

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Pricing is based on amounts of products used in recipes per serving