



Spanish Rice

Enjoy this low-fat version of an old favorite.

1 Tbs. canola oil
½ cup uncooked long-grain white rice
½ cup onion, chopped fine
2 garlic cloves, minced or diced
½ cup tomato, diced
1 cup vegetable broth (or vegetarian chicken-flavor broth)
½ tsp. cayenne pepper
½ tsp. ground cumin
½ tsp. salt
Freshly ground pepper

1. Heat the canola oil in a heavy saucepan over medium heat. Add uncooked rice and cook, stirring constantly, until rice is golden (about 4 minutes). Add the onion and garlic and cook for another minute. Add the tomato.

2. Add the stock and spices. Bring to a boil. Reduce heat to low, cover, and simmer until rice absorbs the liquid (about 15 minutes). Serve with your favorite main entrée. Garnish with fresh parsley sprigs. Serves 4.