



## November 27- Green Bean and Rice Casserole

Smart Snack

Link: <http://www.whatscooking.fns.usda.gov/recipes/food-distribution-fdd/green-bean-and-rice-casserole>

### Recipe

*Ingredients:*

- ½ cup onion, chopped
- 2 teaspoons vegetable oil
- ½ cup rice, uncooked
- 1 can low-sodium green beans, drained (about 15 ounces)
- 1 can low-sodium diced tomatoes (about 15 ounces)
- 1 cup water

*Directions:*

1. In a medium-size pan, cook onions in vegetable oil until they start to turn light brown.
2. Add the rice, green beans, tomatoes, and water.
3. Bring to a boil.
4. Cover the pot with a lid and cook over low heat for 10 minutes.

Yields 6 servings

Nutrition Facts	
Serving Size 1 cup (211.51g)	
Servings Per Container 6	
Amount Per Serving	
<b>Calories</b> 100	Calories from Fat 15
% Daily Value*	
<b>Total Fat</b> 1.5g	<b>3%</b>
Saturated Fat 0g	1%
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 160mg	<b>7%</b>
<b>Total Carbohydrate</b> 21g	<b>7%</b>
Dietary Fiber 2g	9%
Sugars 4g	
<b>Protein</b> 2g	<b>4%</b>
Vitamin A 10%	Vitamin C 15%
Calcium 4%	Iron 6%
* Percent Daily Values are based on a 2,000 calorie diet.	