



Rice and Vegetable Medley

Prep: 15 minutes | Cook: 30 minutes | Total: 45 minutes

Yield: 4 servings | Serving Size: ~3/4 cup

Ingredients

- 1 cup brown rice, uncooked
- 2 Tablespoons olive oil
- ¼ cup chopped onion (about ¼ medium onion)
- ½ cup chopped carrots (about 1 medium carrot)
- ½ cup chopped celery (about 1 stalk celery)
- ½ cup sliced fresh mushrooms (about 2 ounces)
- ½ cup green peas, fresh or frozen
- ¼ cup dried cranberries

Directions

1. Prepare rice according to package directions. Set aside.
2. Heat medium skillet over medium-high heat.
3. Add olive oil and heat until shimmering.
4. Add onions, carrots, and celery to skillet and sauté about 2-4 minutes.
5. Add mushrooms to skillet and sauté about 4-5 minutes more.
6. Stir peas into vegetable mixture until warmed through.
7. Remove vegetable mixture from skillet and stir into prepared rice.
8. Add dried fruit to rice and vegetable mixture and mix well.
9. Serve warm.

Recipe Notes

- Add a protein such as shrimp, chicken, or tofu to make this meal complete.
- Swap other dried fruit (e.g. chopped apricots, dates, or cherries, raisins) for the dried cranberries if desired.

**Nutrition Facts Per Serving: Calories: 240 | Total Fat: 8 g | Saturated Fat: 1 g
Sodium: 40 mg | Total Carbohydrate: 39 g | Dietary Fiber: 5 g | Protein: 5 g**

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