



Healthy Recipe



BLACK BEANS & BROWN RICE

1 cup	brown rice, uncooked	2 tsp	dried oregano
2 tbsp	olive oil	1/2 tsp	red pepper flakes, crushed
4	garlic cloves, chopped	1/2 cup	green onion, sliced
2	RI-grown onions, chopped	2	RI-grown plum tomatoes, diced
2 cans	black beans, low sodium	1/4 cup	lowfat plain yogurt
2 tsp	cumin	1/4 cup	reduced fat extra sharp cheddar cheese

1. Cook rice according to package instructions.
2. Warm olive oil in a deep skillet over medium heat. Add garlic and onion to pan and Cook for a few minutes, until onions become slightly transparent.
3. Add entire can of black beans, cumin, oregano, and red pepper flakes. Simmer until beans are warmed through, about 10 minutes.
4. Serve the beans over rice and garnish with a sprinkle of green onion, tomato, cheese And a dollop of yogurt.

Serving Suggestions: Stuff into bell peppers, sprinkle with breadcrumbs and bake in a 375° oven for 45 minutes for stuffed peppers.

Nutritional Information

Per serving (4 servings in recipe):

Calories:	310	Vitamin A:	10%
Cal from Fat:	80	Vitamin C:	25%
Total Fat:	9 g	Calcium:	20%
Saturated Fat:	3 g	Iron:	20%
Cholesterol:	10 mg		
Sodium:	140 mg		
Carbohydrates:	39 g		
Fiber:	8 g		
Sugar:	6 g	Percent Daily Values are based on a	
Protein:	16 g	2000 calorie-per-day diet	

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the local economy,

HELPS

to preserve open space

and **CONTRIBUTES**

to a

sustainable food system.

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