

Instant Spanish rice



Recipe credit

Adapted from the United States Department of Agriculture

About this recipe

Serves

8

Serving size

1 cup

Time to make

10 minutes cook time

Special criteria

[Vegetarian recipes](#)

Ingredients

- 2 cups instant brown rice, dry
- 1 cup mild salsa
- 1/2 cup canned corn, drained, or frozen corn
- 1/4 cup cheddar cheese, shredded

Directions

1. Cook instant rice in a saucepan following the package instructions.
2. Stir in salsa and corn.
3. Add cheese. Continue to heat until the corn is warm and the cheese has melted.

Tips and variations

- Help your children make this easy recipe, and use it as an opportunity to teach them about whole grains.
- Use the prepared rice as a filling for burritos. Add cooked beans, cooked chicken, or scrambled eggs for protein.

Nutritional info

Calories

199

Total fat

3 g

Saturated fat

1 g

Cholesterol

4 mg

Sodium

255 mg

Total carbohydrates

40 g

Dietary fiber

2 g

Protein

5 g

Total sugar

2 g

Allergens

Dairy

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