## **Green Bean and Rice Casserole**

6 servings

### Ingredientes:

1/2 cup onion (chopped)

2 teaspoons vegetable oil

1/2 cup rice (uncooked)

- 1 can low-sodium green beans (drained, about 15 ounces)
- 1 can low-sodium tomatoes (diced, about 15 ounces)
- 1 cup water



## Preparación:

- 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.

Source: Adapted from a recipe by Healthy Diabetes Recipes and More, South Dakota Diabetes Control Program.

Nutrition F	acts
servings per container Serving size	(210g
	(5
Amount per serving	70
Calories	70
% (	Daily Value
Total Fat 2.5g	3%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	09
Sodium 45mg	29
Total Carbohydrate 10g	49
Dietary Fiber 2g	79
Total Sugars 3g	
Includes 0g Added Sugars	09
Protein 2g	
Vitamin D 0mcg	0%
Calcium 45mg	49
Iron 1mg	6%
Potassium 88mg	29
"The % Daily Value tells you how much a serving of food contributes to a daily diet. day is used for general nutrition advice.	nutrient in a 2,000 calories i
Calories per gram: Fat 9 • Carbohydrate 4 • Pr	rotein 4

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Kansas State University Agricultural Experiment Station and Cooperative Extension Service

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It can help you buy nutritious foods for a better diet. To find out more call 1-800-221-5689





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