

**Ingredients:**

1 Pouch = 2 servings, Red & Green Peppers-Small Diced- ½ cup thin sliced celery, Low/No sodium Chicken Broth 2 Cups, 1 Cup of water ½ Green Squash = 1 cup ½ Yellow Squash = 1 cup Sliced thin or diced, Light extra virgin olive oil 2 Tablespoons, Mrs. Dash No-Salt Garlic & Herb Seasoning = 3 Tablespoons, Celery Seed 1 Teaspoon

**Equipment:**

Pot for Boiling, Skillet, Small Net Strainer, Bowl with cover or Aluminum Pan with lid, measuring cup

**Preparation:**

 Place 3 cups of broth add Mrs. Dash & Celery Seed let boil over a medium fire for 2 minutes, add Rice pouch let boil for 9-10 minutes Check texture, when desired texture is reached remove rice pouch to the strainer and let sit

**Meantime**

Add 2 Tablespoon of olive (enough to coat the skillet), add diced peppers and celery sauté for 3-4 minutes then add squash sprinkle with Mrs. Dash 1 Teaspoon sauté for additional 3-4 minutes or until squash is cooked to texture remove from heat. Open Rice pouch into a bowl or pan spread open with a spoon, add ingredients from skillet lightly mix.

**Suggestions**

You can add ginger, fresh garlic and even sofrito to your skillet Caution: add these ingredients in the last 2 minutes before removing skillet from heat because these ingredients can burn quickly and ruin the meal. Rinse a small can of Beans, (Black Beans, Garbanzo, Kidney ect.) then add to rice.

Grilled chicken cutlet small, strips or diced = 2-3 oz cooked diced meat per person

Make a Healthy Salad - Put romaine lettuce or spinach in a bowl add diced cucumbers ½ cup 4 cherry/grape tomatoes cut in ½ with sliced fruit like 2 strawberries cut in half

**Nutrition Facts**

**Serving Size 1 Serving**

**Per Serving% Daily Value\***

**Calories 411**

**Calories from Fat 163 Total Fat 18.1g28%**

**Saturated Fat 2.1g10% Polyunsaturated Fat 0.1g Monounsaturated Fat 0.0g**

**Cholesterol 10mg3% Sodium 389mg16% Potassium 590mg17% Carbohydrates 58.0g19%**

**Dietary Fiber 6.9g28% Sugars 5.0g Protein 9.2g Vitamin A 8% · Vitamin C 34%**

**Calcium 3% · Iron 5%**

**\*Based on a**[**2000 calorie diet**](https://www.caloriecount.com/cc/2000-calorie-diet.php)

**GOOD POINTS**

* **Low in cholesterol**

    

Top of Form

**Top of Form**