

Comino Rice

1 teaspoon oil
½ cup onion, chopped
½ cup green pepper, chopped
¼ cup red pepper, chopped
2 garlic cloves, minced or ground
1 teaspoon cumin seeds, ground
1 cup brown rice, uncooked
2 ½ cups low sodium chicken broth, hot

Heat a large skillet and add oil. Saute onions and peppers. Add garlic, cumin and rice. Stir until well mixed. Add hot chicken broth. Bring to a boil. Reduce heat, cover and simmer for 45 minutes or until rice is tender. Fluff and serve.

Serves 6

Nutrient Analysis: per serving

109 calories, 2 g fat, 1 g fiber, 36 mg sodium, 1 mg cholesterol

Diabetic Exchange: 1 starch

Taken from Healthy Mexican Cooking by V. De La Garza