

Mexican Rice Fiesta

Makes 4 Servings

Ingredients:

- 1 can whole kernel corn, drained
- 1 can kidney beans, rinsed and drained
- 2 Tablespoons hot sauce (optional)
- 1½ cups uncooked rice
- 1 - 8 ounce can tomato sauce (look for Mexican flavor or use low-sodium)
- 1½ cups water
- ½ cup grated cheese (use low-fat sharp cheddar – the sharper the cheese the stronger the flavor so you can use less)

Directions:

1. In a large skillet or frying pan over medium-high heat, add all ingredients, except cheese and bring to a boil.
2. Reduce heat, cover and simmer for about 10 minutes or until rice becomes tender. Stir occasionally to keep rice from sticking to the bottom.
3. Before serving, sprinkle with cheese.

Menu Suggestions:

- This is a complete meal but will make a great side dish.
- Serve this meal with another vegetable.
- Freeze leftovers in single serve containers for a quick and heart lunch.

Nutritional Facts: each 1 cup serving: 260 calories, 4 g fat, 2 g saturated fat, 10 mg cholesterol, 560 mg sodium, 47 g carbohydrate, 9 g protein, 6 g fiber.