Breakfast Rice With Apples  (Makes 4 servings.)

Ingredients

• 2 c. medium grain white rice, cooked
• 1 c. plain low-fat yogurt
• 1 Tbsp. pancake syrup or sugar
• 1 apple, peeled, center removed, and chopped
• 1 tsp. cinnamon
• 2 Tbsp. raisins

Directions:

1. Add all ingredients in a medium bowl. Stir well.
2. Cover and chill in the refrigerator overnight. Serve cold.

Nutrition info: Serving size: ¾ cup, Calories: 210, Total Fat: 1.5 g, Saturated Fat: 0.5 g, Cholesterol: 5 mg, Sodium: 50 mg, Total Carbohydrate: 45 g, Dietary Fiber: 2 g, Sugars: 9 g, Protein: 6 g. Recipe provided by USDA FNS, Distribution Division, 2009.