

# Rainbow Rice

Serves 6

## Ingredients

- 1 small onion
- 2 small tomatoes
- 1 small yellow squash
- 1 orange bell pepper
- 2 blue potatoes
- 1 small eggplant
- 1 tablespoon olive oil
- 2 cups uncooked brown rice
- 2½ cups chicken stock
- 1 bunch fresh cilantro
- shredded cheddar cheese, to taste
- salt and pepper, to taste

## Directions

1. Dice onion, tomatoes, squash, bell pepper, potatoes, and eggplant and set aside, separately.
2. In a large frying pan, heat oil over medium temperature.
3. Add onion, stirring frequently, until translucent, about 2 minutes.
4. Add remaining vegetables to the pan and cook until slightly tender, about 2 minutes.
5. Add rice to the pan and stir together.
6. Pour chicken stock into the pan and stir. When stock starts to simmer, cover the pan with a lid. Cook until rice is soft, about 12 to 15 minutes.
7. While rice is cooking, remove cilantro leaves from stems. Add leaves to the pan and stir.
8. Add salt and pepper, to taste, sprinkle with cheese, and eat!

## Nutrition per serving

Calories: 264

Protein: 8 g

Carbohydrates: 44 g

Fiber: 5 g

Fat: 7 g

## Notes

- Above vegetables may be substituted with other favorites such as carrots, zucchini, or green onions.
- Turn this dish into rice salad! Cook rice in stock and set aside, allowing to cool. Dice all vegetables (either omitting onion, potato, and eggplant, or cooking in advance) and add to rice with oil, cilantro, cheese, salt and pepper, to taste.

