



MIXED VEGETABLES & RICE

SERVES: 8 | SERVING SIZE: ~1 1/3 cups

SELECTION AND STORAGE

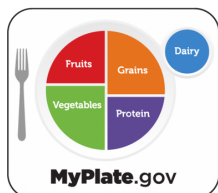
If carrots come to you with greens attached, remove the greens before storing. Carrot greens are edible and delicious - they can be used to make pesto or as an addition to soup stock.

For long term storage, keep carrots in a plastic bag, stored in the refrigerator.

Carrot skin is very thin and doesn't need to be peeled - just wash well to remove any dirt or debris.

DID YOU KNOW

Carrots contain high quantities of beta-carotene, vitamin K, biotin, and Vitamin B6. The human body converts beta-carotene, the orange/red pigment of a plant, into Vitamin A which is important to immune, skin, and eye health.



INGREDIENTS

- 2/3 cup canola oil
- 3 cloves fresh garlic, chopped
- 2 medium Russet potatoes, chopped
- 1 (10 oz.) bag frozen carrots
- 8 oz. frozen, chopped spinach
- 1 bunch cilantro, chopped
- 1 3/4 cup water
- 2 tsp. salt
- 1 Tbsp. coriander
- 2 tsp. cumin
- 3 cups uncooked Basmati rice (pre-soaked for 3 hours & drained)
- Low-fat, plain Greek yogurt (for topping)



DIRECTIONS

1. Heat oil in a large skillet pan over medium-low heat. Add garlic and sauté for 1-2 minutes.
2. Add carrots, potatoes, chopped spinach, and cilantro and mix together. Stir in water.
3. Next, add drained rice and mix together. Bring to a boil and allow some of the water to absorb.
4. Add the seasonings (salt, coriander, and cumin) and mix gently. Turn heat down to low, cover the pan, and simmer for 25-30 minutes or until rice is thoroughly steamed.
5. Serve with yogurt as a topping and Afghan Salad (see recipe).

NUTRITION INFORMATION

Calories-508 Total Fat-19.8g Saturated Fat-2g Trans Fat-0g
Cholesterol-2.5mg Sodium-650mg Total Carbohydrate-72g
Fiber-4.7g Total Sugar-3g Protein-10.7g

MyPlate Key Message: Most vegetables are naturally low in fat and calories. As a part of an overall healthy diet, eating foods lower in calories per cup, such as vegetables, instead of higher-calorie food may help lower calorie intake.

Recipe tested by the UNL Nutrition Education Program as part of the FY 2023 Team Nutrition grant project. This project was funded using U.S. Department of Agriculture grant funds. This institution is an equal opportunity provider.

Visit the Nebraska Department of Education Farm to School website for more information and resources

<https://www.education.ne.gov/ns/farm-to-school/harvest-of-the-month/>

