



Broccoli & Rice

4 servings

25 minutes

Ingredients

- 1 cup Jasmine Rice (dry, rinsed)
- 4 cups Broccoli (chopped into florets)

Nutrition

Amount per serving	
Calories	191
Fat	0g
Carbs	44g
Fiber	3g
Sugar	2g
Protein	6g
Cholesterol	0mg
Sodium	30mg
Vitamin A	567IU
Vitamin C	81mg
Calcium	43mg
Iron	1mg

Directions

- 1 Cook the jasmine rice according to the directions on the package.
- 2 Meanwhile, set the broccoli florets in a steaming basket over boiling water and cover. Steam for about 5 minutes, or until tender.
- 3 Divide the rice and broccoli into bowls or containers. Enjoy!

Notes

No Rice: Use quinoa, brown rice, couscous, barley or cauliflower rice instead.

Storage: Refrigerate in an airtight container up to 4 days.

Serving Size: One serving is equal to approximately 1 cup of broccoli florets, and 1.25 cups of cooked rice.