

# Brown Rice Pilaf with Spring Vegetables

## INGREDIENTS

- 2, 10 ounce packages steamable frozen spring vegetables
- 2 cups cooked brown rice
- 1, 15 ounce can no-salt-added chickpeas, rinsed
- 2 tablespoons olive oil
- ½ teaspoon salt
- ¼ teaspoon ground pepper

4 SERVINGS

30 MINUTES



Adapted from:  
[eatingwell.com](https://www.eatingwell.com)



## PROCEDURE

1. Cook frozen vegetables in the microwave according to package directions.
2. Drain excess liquid and place the vegetables in a large bowl.
3. Add rice, chickpeas, oil, salt and pepper; toss to combine.

# Bean & Veggie Taco Bowl

## INGREDIENTS

- 1 teaspoon olive oil
- ½ medium green bell pepper, cored and sliced
- ½ medium red onion, sliced
- ½ cup cooked brown rice
- ¼ cup canned black beans, rinsed
- ¼ cup (1 ounce) low-fat sharp Cheddar cheese, shredded
- ¼ cup pico de gallo or salsa
- 2 tablespoons chopped fresh cilantro, lime wedges and hot sauce for serving (optional)

4 SERVINGS

30 MINUTES



Adapted from:  
[eatingwell.com](http://eatingwell.com)



## PROCEDURE

1. Heat oil in a medium skillet over medium heat.
2. Add bell pepper and onion; cook, stirring often, until the vegetables are crisp-tender, 5 to 8 minutes.
3. Mound rice and beans in a bowl. Top with the vegetables, cheese, pico de gallo (or salsa) and cilantro, if using.
4. Serve with lime wedges and hot sauce, if desired.

# Snappy Rice Dish

## INGREDIENTS

- 1 red bell pepper
- 1 orange bell pepper
- 1 medium onion
- 1 ⅓ cups reduced-sodium chicken broth
- 2 cups brown rice, cooked
- 1 ½ cans reduced-sodium kidney beans
- 1 ½ teaspoons dill weed
- 1 ½ teaspoons garlic powder
- 2 teaspoons onion powder
- ½ teaspoon black pepper
- ¼ teaspoon cumin
- ¼ teaspoon salt

5 SERVINGS  
2 HOURS



Adapted from:  
[MyPlate.gov](http://MyPlate.gov)



## PROCEDURE

1. Wash hands with soap and water.
2. Cook the vegetables in the chicken broth (or water) using a small pan, pot, or electric skillet, on medium-high heat.
3. Cook the vegetables the way you like them (firm or soft), stirring gently. Add more broth as needed to keep the vegetables moist.
4. Add the rice, canned beans, and seasonings. Cook until heated through.

# Meal-Prep Roasted Vegetable Bowls

## INGREDIENTS

- 3 tablespoons olive oil, divided
- ½ teaspoon garlic powder
- ¼ teaspoon salt
- ¼ teaspoon ground pepper
- 4 cups broccoli florets
- 2 medium red bell peppers, quartered
- 1 cup red onion, sliced
- 3 cups cooked brown rice
- 1, 15 ounce can no-salt-added chickpeas, rinsed
- 4 tablespoons prepared pesto (optional)

4 SERVINGS

35 MINUTES



Adapted from:  
[eatingwell.com](https://www.eatingwell.com)



## PROCEDURE

1. Preheat oven to 450°F.
2. Whisk 2 tablespoons oil with garlic powder, salt, and pepper in a large bowl. Add broccoli, peppers, and onion; toss to coat. Spread on a large rimmed baking sheet and roast, stirring once, until tender (about 20 minutes). Let cool, then chop the peppers.
3. Stir the remaining 1 tablespoon oil into the rice. Divide about ¾ cup rice into four microwave-safe containers. Top with chickpeas and roasted vegetables, then add 1 tablespoon pesto to each, if using.
4. **To reheat:** Microwave on High for 1-2 minutes, until heated through.

# Brown Rice Pilaf

## INGREDIENTS

- 2 tablespoons olive oil
- ½ cup onion, finely chopped
- 3 cloves garlic, minced
- ½ teaspoon salt
- ½ teaspoon black pepper
- 1 ½ cups brown rice
- 3 ½ cups low-sodium chicken broth, or vegetable broth
- ¼ cup fresh parsley, chopped

5 SERVINGS

30 MINUTES



Adapted from:  
[tastesbetterfromscratch.com](https://tastesbetterfromscratch.com)



## PROCEDURE

1. Rinse the brown rice in a fine mesh strainer until the water runs clear; set aside to drain.
2. Heat olive oil in a medium saucepan over medium heat. Add onion and cook until softened, then stir in garlic, salt, and pepper. Add the rice and cook, stirring occasionally, for 1-2 minutes.
3. Add broth and bring to a boil. Cover with a lid, reduce heat to low, and simmer for 40-45 minutes (do not lift the lid). Remove from heat and let sit, covered, for 10 minutes.
4. Fluff with a fork and stir in chopped parsley.

# One Skillet Mexican Rice Casserole

## INGREDIENTS

5 SERVINGS

25 MINUTES

- 1 small red onion, diced
- 1 tablespoon olive oil
- 2 teaspoons cumin
- 1 teaspoon chili powder
- 1 teaspoon smoked paprika
- ½ teaspoon salt
- 1 teaspoon dried oregano
- 1 red bell pepper, cored and diced
- 1, 4 ounce can diced green chilies, drained
- 1 cup corn kernels, fresh or frozen and defrosted
- 1, 15 ounce can low-sodium black beans, drained and rinsed
- 1 ½ cups salsa
- 1 ½ cups cooked brown rice
- ½ cup low-fat Monterey Jack cheese, shredded
- ¼ cup low-fat cheddar cheese, shredded
- Fresh cilantro, diced green onions, and avocado, for serving (optional)



Adapted from:  
[makingthymeformhealth.com](http://makingthymeformhealth.com)

## PROCEDURE

1. Heat oil in a large skillet over medium heat. Add onion and cook for about 3 minutes. Stir in spices and cook for another 2-3 minutes.
2. Add red pepper and green chilies; cook 2-3 minutes more. Stir in beans, corn, salsa, and rice until well combined.
3. Switch oven to broil. Top skillet mixture with shredded cheese and broil for 3-4 minutes, until melted and bubbly. Serve warm with green onions, cilantro, and/or avocado, if using.

# Broccoli Rice & Cheese Casserole

## INGREDIENTS

- 2 cups cooked brown rice
- 4 cups fresh or frozen broccoli florets
- 1 can (10.5 oz) condensed cream of mushroom soup (reduced-fat or low-sodium)
- 1 cup low-fat Greek yogurt
- 1 cup shredded low-fat cheddar cheese
- ½ cup grated Parmesan cheese
- 1 small onion, finely chopped
- 2 cloves garlic, minced
- Salt and pepper, to taste
- 1 cup whole wheat breadcrumbs

**6 SERVINGS**  
**30 MINUTES**



Adapted from:  
[budgetbytes.com](http://budgetbytes.com)



## PROCEDURE

1. Preheat the oven to 350°F
2. Cook the brown rice according to package instructions.
3. If using fresh broccoli, steam or blanch the broccoli florets until they are slightly tender. If using frozen broccoli, thaw according to package instructions.
4. In a mixing bowl, combine the condensed cream of mushroom soup, low-fat Greek yogurt, shredded cheddar cheese, Parmesan cheese, chopped onion, minced garlic, salt, and pepper. Mix until well combined.
5. In a large mixing bowl, combine the cooked rice, steamed broccoli, and the cheese and mushroom soup mixture. Mix until well combined.
6. Transfer the mixture into a greased baking dish. Sprinkle whole wheat breadcrumbs evenly over the top of the casserole.
7. Bake in the preheated oven for about 20-25 minutes or until the casserole is hot and bubbly, and the breadcrumbs are golden brown.
8. Allow the casserole to cool for a few minutes before serving.