

South-of-the-border favorites

GREEN CHILI RICE

Makes 6 servings

- 1 cup uncooked white rice
- 1 can (14½ ounces) fat-free reduced-sodium chicken broth plus water to measure 2 cups
- 1 can (4 ounces) chopped mild green chilies
- ½ medium yellow onion, peeled and diced
- 1 teaspoon dried oregano leaves
- ½ teaspoon salt (optional)
- ½ teaspoon cumin seeds
- 3 green onions, thinly sliced
- ⅓ to ½ cup fresh cilantro leaves

Combine rice, broth, chilies, yellow onion, oregano, salt, if desired, and cumin in a large saucepan. Bring to a boil, uncovered, over high heat. Reduce heat to low; cover and simmer 18 minutes or until liquid is absorbed and rice is tender. Stir in green onions and cilantro. Garnish as desired.



