

## FESTIVE FALL RICE



Harvest  
of the  
Month™

CalFresh  
1-877-410-8809



HUMBOLDT COUNTY OFFICE OF EDUCATION  
Nutrition Programs & Services

### INGREDIENTS:

- 1 cup uncooked Jasmine rice
- 1 <sup>3</sup>/<sub>4</sub> cup vegetable broth
- 1 <sup>1</sup>/<sub>2</sub> Tablespoons butter
- 1 <sup>1</sup>/<sub>2</sub> cup carrots, diced
- <sup>1</sup>/<sub>2</sub> teaspoon black pepper
- <sup>1</sup>/<sub>2</sub> teaspoon salt
- <sup>1</sup>/<sub>4</sub> cup raisins
- <sup>1</sup>/<sub>4</sub> cup pumpkin seeds

### INSTRUCTIONS:

1. Prepare the rice according to the package instructions using broth instead of water.
2. Melt butter in a large nonstick skillet over medium heat.
3. Add diced carrots and cook until tender, stirring frequently.
4. Stir in cooked rice, pepper, and salt. Cook 1 minute.
5. Remove from heat and stir in raisins and pumpkin seeds.
6. Serve and enjoy!

**Yield:** 4-6 servings

**Source:** Nutrition Department Original

*The ingredients for this recipe can be purchased with CalFresh benefits. To learn more about or how to apply for CalFresh benefits, call Humboldt County DHHS Social Services at 1-877-410-8809 or visit [www.c4yourself.com](http://www.c4yourself.com).*

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