FESTIVE FALL RICE





- 1 cup uncooked Jasmine rice
- 1 3/4 cup vegetable broth
- 1 ½ Tablespoons butter
- 1 ½ cup carrots, diced
- ½ teaspoon black pepper
- ½ teaspoon salt
- 1/4 cup craisins
- ¹/₄ 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 craisins 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.







Nutrition Programs & Services

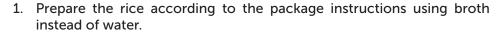
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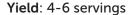
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