

FESTIVE FALL RICE



INGREDIENTS:

- 1 cup uncooked Jasmine rice
- 1 $\frac{3}{4}$ cup vegetable broth
- 1 $\frac{1}{2}$ Tablespoons butter
- 1 $\frac{1}{2}$ cup carrots, diced
- $\frac{1}{2}$ teaspoon black pepper
- $\frac{1}{2}$ teaspoon salt
- $\frac{1}{4}$ cup raisins

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

Harvest
of the
Month™

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Nutrition Programs & Services

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.