Snappy Rice Dish

Ingredients:
• 2/3 c. uncooked brown rice or any other rice
• 2 c. vegetables, frozen or fresh-cut into bite-sized pieces
• 1 c. chicken broth, reduced salt
• 1 15-oz. can kidney beans or beans of choice, drained (optional)
• Dill weed (dried) to taste
• Pepper to taste

Directions:
• Cook rice as directed on package. Cook vegetables in the chicken broth using a small pan, pot or electric skillet on medium-high heat. Cook the vegetables the way you like them (firm or soft), stirring gently. Add more broth as needed to keep the vegetables moist. Add the rice, canned beans and seasonings. Cook until heated through.

Makes 4 servings. Per serving: 270 calories, 1.5 grams (g) fat, 52 g carbohydrate.