

Saint Paul Public Schools' Moroccan Rice

A new twist on brown rice, this spicy exotic side dish mixes the sweetness of raisins and sweet potatoes with the heat of cayenne pepper, ginger, cinnamon, and cumin. This colorful and healthful side dish is a perfect accompaniment to simple baked or grilled chicken.

YIELD

Eight 1-cup servings



INGREDIENTS

3/4 cup raisins
1/4 cup warm water
1 1/2 cups brown rice
1/8 tablespoon canola oil
1/4 cup diced onion
1 cup diced sweet potato
1/2 teaspoon salt
1/4 teaspoon ground cumin
1/8 teaspoon ground cinnamon
1/4 teaspoon ground cayenne pepper
1/2 teaspoon ground ginger
1/8 teaspoon ground black pepper
1/2 cup low-fat vanilla yogurt
1 1/2 cups raw spinach, chopped

DIRECTIONS

- Soak raisins in warm water in a small bowl.
- Cook brown rice according to package directions.
- In a large skillet over medium high heat, sauté onions and sweet potatoes in oil until soft.
- Add salt, cumin, cinnamon, cayenne pepper, ginger and black pepper to skillet and stir to combine.
- Drain raisins.
- Add yogurt, raisins, spinach and cooked rice to onion and sweet potato mixture and stir gently to combine.
- Cook over low heat until hot and spinach is slightly wilted.
- Serve and enjoy!

NUTRITIONAL INFORMATION PER 1 CUP SERVING

Calories: 180
Total Fat: 1.22 g
Carbs: 39.6 g
Sodium: 182.02 mg
Cholesterol: 0.68 mg
Fiber: 2.64 g



real choices
Eating healthy never tasted so good.