



Recipe: One pot broccoli skillet



INGREDIENTS

- 10 ounces frozen broccoli
- 2 cans stewed tomatoes, low sodium (about 30 oz)
- 1 cup brown rice (cooked)
- 1 can white beans (15 ounces, rinsed and drained)
- Pepper (to taste)
- Oregano, basil, or hot pepper (other spices to taste, optional)

DIRECTIONS

1. Combine stewed tomatoes and frozen broccoli in a medium pot over medium-high heat.
2. Cook 10 to 20 minutes, stirring occasionally until they are soft but firm.
3. Add the cooked rice, rinsed and drained beans, and seasonings.
4. Cook until heated through.

NUTRITIONAL INFORMATION:
Servings 4
Per serving: 276 calories, 1 g total fat, 0 g saturated fat, 724 mg sodium, 55 g carbohydrates, 12 g dietary fiber, 16 g protein.