

Fun Facts!

**Brown Rice contains
FIBER !**

Onions and garlic help to lower LDL (bad cholesterol), control blood pressure, prevent blood clotting. Onions and garlic also contain antioxidants which help to lower risk of cancer.

**People in China consume
10 times the amount of
rice that Americans con-
sume per year.**

**Beans are a
vegetable!**

Beans are rich in protein, calcium, phosphorus, folate & Iron.

**Bell Peppers have
vitamin C in them!**

Costa Rican Rice & Beans



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The Recipe

Ingredients:

- ◆ **2 cups whole grain rice: cooked**
- ◆ **1 cup pinto beans: cooked**
- ◆ **1/2 cup onion; diced**
- ◆ **1 clove garlic; minced**
- ◆ **1 1/2 bell peppers; chopped**
- ◆ **3 tsp oil**
- ◆ **2 tablespoons cilantro; chopped**
- ◆ **salt**



Procedure:

- ◆ **Heat oil in a frying pan on medium heat for a minute**
- ◆ **Add chopped onions and bell pepper sauté until they are well browned**
- ◆ **Turn the heat down to medium - low then add the beans and garlic**
- ◆ **Cook while stirring occasionally for 8 -10 minutes**
- ◆ **Add rice and cook for 3 - 5 minutes**
- ◆ **When the rice has been added sprinkle salt until desired taste**
- ◆ **Just before serving top with cilantro and serve**

&

Enjoy!!!

Nutrition Facts

Totals for every 1 cup serving:

Calories: 236

Fat: 7gm

Saturated: 1.3 gm

Monounsaturated: 3gm

Polyunsaturated: 2gm

Carbohydrate: 36gm

Protein: 8 gm

Fiber: 5 gm

Cholesterol: 0mg

Calcium: 72mg

Iron: 3.1 mg

Sodium: 520mg

Folate: 89.7mcg

