

Pineapple Rice

Branch Area Careers Center



Ingredients

½ c instant brown rice
Pinch of kosher salt
¼ c pineapple, chopped fine
½ c unsalted chicken broth

Directions

Bring the chicken broth to a boil. Add the rice, lime zest and salt. Reduce to a simmer. Simmer until rice is al dente, per package instructions. Stir in pineapple.

Serve with Cauliflower tortilla and Cauli-dilla stuffing

Nutritional Information

Calories per serving

Total Fat

Saturated Fat

Cholesterol

Sodium

Total Carbohydrates

Dietary Fiber

Protein

Servings 2

114

0

0

0

11mg

24g

1g

3g