

## Scallion Rice

From the National Heart, Lung and Blood Institute

<https://healthyeating.nhlbi.nih.gov/recipe/detail.aspx?linkId=13&cld=8&rid=167&AspxAutoDetectCookieSupport=1>

### Ingredients

- 4½ cups of cooked brown rice (unsalted water)
- 1½ tsp bouillon granules, unsalted
- ¼ cup scallions (green onions), chopped

### Instructions

1. Cook rice according to directions on the package (omitting salt from water).
2. Combine the cooked rice, scallions and bouillon granules and mix well.
3. Measure 1 cup portions and serve.

Makes 5 servings

### Nutrition information per serving

|                   |                    |
|-------------------|--------------------|
| Calories: 185     | Dietary Fiber: 6g  |
| Total Fat: 1g     | Sodium: 3mg        |
| Saturated Fat: 0g | Protein: 5mg       |
| Cholesterol: 0mg  | Carbohydrates: 41g |