

Sunshine Rice

Serving Size: 1/3 cup

Yield: 4 servings

Ingredients:

- 1 1/2 Tablespoons vegetable oil
- 1 1/4 cups finely chopped celery with leaves
- 1 1/2 cups finely chopped onion
- 1 cup water
- 1/2 cup orange juice
- 2 Tablespoons lemon juice
- dash hot sauce
- 1 cup long-grain white rice, uncooked
- 1/4 cup slivered almonds

Instructions:

1. Heat oil in medium saucepan. Add celery and onions and saute until tender, about 10 minutes.
2. Add water, juices, and hot sauce. Bring to a boil. Stir in rice and bring back to a boil. Let stand covered until rice is tender and liquid is absorbed.
3. Stir in almonds. Serve immediately as a side dish for a fish

Nutrition Facts	
Serving Size 1/3 cup (251g)	
Servings Per Container 4	
Amount Per Serving	
Calories 280	Calories from Fat 70
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	% Daily Value*
Total Fat 8g	12%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 35mg	1%
Total Carbohydrate 47g	16%
Dietary Fiber 2g	8%
Sugars 4g	
Protein 5g	
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Vitamin A 4%	Vitamin C 30%
Calcium 4%	Iron 10%
<small>*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:</small>	
	<small>Calories 2,000 2,500</small>
<small>Total Fat</small>	<small>Less Than 65g 80g</small>
<small>Saturated Fat</small>	<small>Less Than 20g 25g</small>
<small>Cholesterol</small>	<small>Less Than 300mg 300 mg</small>
<small>Sodium</small>	<small>Less Than 2,400mg 2,400mg</small>
<small>Total Carbohydrate</small>	<small>300g 375g</small>
<small>Dietary Fiber</small>	<small>25g 30g</small>
<small>Calories per gram:</small>	
<small>Fat 9 • Carbohydrate 4 • Protein 4</small>	

Sunshine Rice (continued)

Sunshine Rice

Cost: per recipe = Per recipe: \$1.72; Per serving: \$0.43¢

Source:

SNAP—Ed Connection Recipe Finder
<http://recipefinder.nal.usda.gov/index.php>

Buffalo County Wisconsin Nutrition Education Program
407 S. Second Street, Alma, WI 54610. Phone: 1-608-685-6256

Pepin County Wisconsin Nutrition Education Program
740 7th Ave W, PO Box 39, Durand, WI 54736. Phone 1-715-672-5214

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