

## Herbed Rice with Mushrooms and Wilted Spinach (or Kale!)

**Combine in a large saucepan, bring to a boil:**

2 cups water

1 tsp. butter

1 tsp. low-sodium chicken or vegetable bouillon granules

**Add:**

1 cup uncooked long grain rice, preferably brown

2 tbsp. low-sodium soy sauce

½ tsp. onion powder

¼ tsp. dried oregano

¼ tsp. dried parsley

¼ tsp. dried thyme

**Reduce heat and cook per package instructions (until liquid is adsorbed and rice is tender).**

**In a separate pan, heat olive oil over medium heat. Sauté onions (and kale if using) for 5 minutes and then add mushrooms and sauté together until golden.**

1 tbsp. extra virgin olive oil

½ cup cremini or baby bella mushrooms, wiped clean and cut into quarters

¼ cup white onions, diced

**Add spinach and lower temperature to low and cook until spinach wilts. Season with salt and pepper. Set aside.**

1 cup fresh baby spinach (or torn kale)

Salt and pepper to taste

**Once rice is cooked, fluff with a fork and gently toss in the sautéed vegetables.**

Makes 5 servings. Per serving: 180 calories, 5 g total fat (1 g saturated fat), 30 g carbohydrate, 4 g protein, 2 g dietary fiber, 225 mg sodium.

*-- From the American Institute of Cancer Research. --*