

Dirty Rice with Salmon

Prep Time: 30 – 60 minutes

Makes 6 servings



Ingredients:

- 1 onion, chopped
- 1 green pepper, chopped
- 1, 15-ounce can kidney beans, drained and rinsed
- 2 cups uncooked brown rice
- 2 Tablespoons vegetable oil
- 2 cans pink salmon
- 1/2 teaspoon salt
- 1/4 teaspoon black pepper

Directions:

1. Prepare your ingredients: chop onion and pepper into small pieces, drain and rinse beans.
2. Cook rice according to package directions.
3. While rice is cooking, heat 2 tablespoons of oil in a pan. Add onions and peppers and cook 3-5 minutes until brown.
4. Add beans and salmon to mixture. Cook another 3-5 minutes until heated through.
5. Stir in cooked brown rice, salt, and pepper. Turn off heat. Serve immediately.

Salmon is an excellent source of protein and heart-healthy fats!



Cerro Gordo County
Department of Public Health

H. H. Food Bank & Cerro Gordo County Dept. P. H.. Courtesy of Iowa United Method Church Funds & sponsorship of ITC Holdings

RECIPE TIPS

Cook Once, Eat Twice

Prepare extra rice and save for other dishes throughout the week. Store leftovers in air-tight containers or freezer bags.

Thaw when ready to use.

Vary your veggies!

Try preparing recipe with other vegetables such as broccoli, red or yellow pepper, or zucchini. Use other types of beans such as black beans or red beans.

Make it lower in sodium!

Look for “no-salt added” or “low-sodium” on the label when purchasing beans, vegetables, and other canned goods.

Serving Size: 1/6 recipe

Nutrition Facts:

Calories: 400

Fat: 9 g

Saturated Fat: 1 g

Sodium: 450 mg

Total Carbohydrates: 59 g

Fiber: 7 g

Protein: 21 g



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Recipe modified from: Dirty Rice with Salmon. Capital Area Food Bank. Web. <http://healthyfoodbankhub.feedingamerica.org/wp-content/uploads/2013/09/Dirty-Rice-with-Salmon.pdf>

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