

Indian Vegetable & Rice Skillet Meal

This recipe is an excellent source of fiber, which may help protect you against some diseases.

Ingredients:

- 2 teaspoons vegetable oil
- 1 onion, chopped
- 1 teaspoon fresh ginger, minced or 1/2 teaspoon ground ginger
- 1/2 teaspoon turmeric
- 1/2 teaspoon cumin powder
- 2 cups chopped, mixed vegetables such as cauliflower, peppers, carrots, or peas
- 1 large baking potato, peeled and cubed
- 1 cup white rice, uncooked
- 1/2 teaspoon salt (optional)
- 2 1/2 cups water
- 1 15-ounce can kidney beans, drained and rinsed

Directions:

1. Heat oil in a large skillet over medium heat.
2. Add onion, ginger, turmeric and cumin, and stir while cooking for 1 minute.
3. Add remaining ingredients. Bring to a boil, cover, and reduce heat.
4. Simmer 20-25 minutes. Serve hot.
5. Refrigerate leftovers within 2-3 hours.

Bright Ideas:

Source: Marjorie Braker, OSU Extension, Clackamas County. For more recipes and other resources on eating well for less, see our web site at <http://healthyrecipes.oregonstate.edu>

Nutrition Facts	
Serving Size 1 cup (195g)	
Servings Per Container 10	
Amount Per Serving	
Calories 160	Calories from Fat 10
% Daily Value*	
Total Fat 1.5g	2%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 25mg	1%
Total Carbohydrate 33g	11%
Dietary Fiber 6g	24%
Sugars 3g	
Protein 6g	
Vitamin A 25%	Vitamin C 20%
Calcium 2%	Iron 6%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories 2,000 2,500
Total Fat	Less Than 65g 80g
Saturated Fat	Less Than 20g 25g
Cholesterol	Less Than 300mg 300 mg
Sodium	Less Than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

10 servings, 1 cup each