

Spanish Rice

- 1 small onion
- Nonstick cooking spray
- 1 cup uncooked regular long-grain rice
- 2¹/₂ cups water
- ¹/₄ teaspoon salt
- ³/₄ teaspoon chili powder
- ¹/₈ teaspoon garlic powder
- 1 (8 ounces) can tomato sauce
- ¹/₂ cup chopped green pepper
- ¹/₄ teaspoon pepper

Makes 8 portions, ¹/₂ cup each

Per portion

Calories:	100
Carbohydrate:	22 grams
Protein:	2 grams
Fat:	0
Saturated fat:	0
Cholesterol:	0
Sodium:	251 milligrams
Dietary fiber:	1 gram

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1. Chop onion.
 2. Coat nonstick skillet with cooking spray.
 3. Brown onion and rice while stirring in skillet over medium heat, until rice is golden brown and onion is clear.
 4. Stir in remaining ingredients. Heat to boiling and reduce heat.
 5. Cover and simmer about 30 minutes, stirring occasionally, until rice is tender.