

Raising the Bar on Nutrition Vegetable Fried Rice

4 servings

6 Tablespoons	extra virgin olive oil *
1 can	corn, drained *
1 can	black beans, rinsed, drained *
1 small can	tomatoes *
4 cups	cooked brown rice*

Optional: dried oregano and/ or basil; salt and pepper

1. heat the olive oil on medium. Add any herbs and stir to coat with the oil. Stir in the corn and cook 3-5 minutes.
2. add the black beans and cook 3-5 minutes longer.
3. add the tomatoes, stir to combine and heat 3- 5 minutes.
4. add the cooked rice, stir to combine and heat through.

Approximate cost of the recipe: \$3.19 or \$0.80 per serving