

Skillet Meals

Ingredients:

- 1 package (10 ounces) frozen mustard or collard greens, spinach, or broccoli
- 1 can (32 ounces) no-salt-added stewed tomatoes
- 1 cup cooked brown rice
- 1 can (15 ounces) ounce white beans — rinsed and drained
- Pepper to taste
- Other spices to taste, for example, oregano, basil, or hot pepper (optional)

Preparation:

1. Steam greens in the stewed tomatoes using a small pan, pot, or electric skillet on medium-high heat.
2. Cook greens 10 to 20 minutes, until they are as soft as you like them. Stir gently.
3. Add the rice, canned beans, and seasonings.
4. Cook until heated through.

Yields 4 (1½ cup) servings

Nutritional Information Per Serving: 260 calories, 13g protein, 50g carbohydrate (12g fiber), 1g fat, 0mg cholesterol, 55mg sodium

Source: U.S. Department of Agriculture

