



Baked Brown Rice

Makes 6-8 servings

Ingredients

- 1 cup brown rice
- 4 cups water
- ¼ cup olive oil
- ¼ teaspoon ground cumin
- ½ teaspoon chili powder
- 4 chicken bouillon cubes or
4 teaspoons chicken granules



Instructions

You will need a large cast iron skillet or a large baking dish. Preheat oven to 325° F. Place water in a separate pot and boil. While oven and water are heating, place oil and rice in cast iron skillet and brown the rice. If you don't have a large cast iron skillet, brown the rice in any large frying pan. When rice is browned, add the other ingredients.

If you DO NOT have a large cast iron skillet, transfer brown, seasoned rice into a large baking dish.

Now, carefully pour boiling water into skillet or baking dish on top of the rice. Stir well. Place uncovered skillet or baking dish into oven and bake for about one hour, or until top is crispy and water is absorbed. Remove from oven and serve.

Nutrition Facts

Serving Size: 1/2 cup; Calories 80; Total Fat 0 g; Saturated Fat 0 g; Cholesterol 0 mg; Sodium 470 mg; Total Carbohydrates 18 g; Dietary Fiber 3 g; Protein 3 g

Recipe adapted from BlueCross Corporate Food Services



BlueCross BlueShield of South Carolina and
BlueChoice® HealthPlan of South Carolina