

## Brown Rice Stuffed Portobello

### Ingredients:

- 4 portabella mushroom caps
- 2 tsp olive oil
- 1 cup onion, diced
- 1 cup carrot, shredded
- 5 cloves garlic, minced
- 1 cup brown rice
- ¼ cup pine nuts
- 2 cup low sodium vegetable broth
- ¼ cup raisins
- 1 tsp cumin



### Nutrition Facts

Serving Size 1 mushroom  
Servings Per Container 4

Amount Per Serving

**Calories** 340    **Calories from Fat** 60

% Daily Value\*

<b>Total Fat</b> 7g	<b>11%</b>
Saturated Fat 1g	<b>5%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 130mg	<b>5%</b>
<b>Total Carbohydrate</b> 62g	<b>21%</b>
Dietary Fiber 9g	<b>36%</b>
Sugars 6g	

**Protein** 8g

Vitamin A 100%    •    Vitamin C 10%

Calcium 6%        •        Iron 15%

\*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

### Directions:

Preheat oven to 400 degrees. In a medium sauce pan over medium heat, sauté onion, carrot and garlic in olive oil for 5 minutes. Add brown rice and pine nut and sauté for another 5 minutes. Add broth, raisins and cumin. Cover and simmer for 30-40 minutes. Stuff mixture evenly into mushroom caps. Bake for 20 minutes 400 degrees.

## Lemon Roasted Green Beans

### Ingredients:

- Nonstick vegetable spray
- 2 lbs green beans, trimmed
- 1 onion, peeled & cut into wedges
- 6 large marjoram sprigs, fresh
- 2 tbsp extra virgin olive oil
- 1/8 tsp kosher salt, coarse
- 1/8 tsp black pepper
- 1 tbsp lemon juice, fresh
- 1 tsp lemon peel, finely grated and packed
- 1/4 cup almonds, coarsely chopped, roasted



### Nutrition Facts

Serving Size 5 oz			
Servings Per Container 8			
<b>Amount Per Serving</b>			
<b>Calories</b> 90	<b>Calories from Fat</b> 45		
% Daily Value*			
<b>Total Fat</b> 5g			<b>8%</b>
Saturated Fat 0.5g			<b>3%</b>
Trans Fat 0g			
<b>Cholesterol</b> 0mg			<b>0%</b>
<b>Sodium</b> 40mg			<b>2%</b>
<b>Total Carbohydrate</b> 10g			<b>3%</b>
Dietary Fiber 4g			<b>16%</b>
Sugars 5g			
<b>Protein</b> 3g			
Vitamin A 15%	•	Vitamin C 30%	
Calcium 6%	•	Iron 8%	
*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			

### Directions:

Position 1 rack in top third and 1 rack in bottom third of oven and preheat to 450 degrees. Spray 2 large rimmed baking sheets with nonstick spray. Combine green beans, onion wedges, and marjoram in large bowl, drizzle with oil and sprinkle with salt and pepper. Toss and divide between prepared sheets. Roast vegetables 15 minutes. Reverse sheets. Continue to roast until beans are tender and beginning to brown in spots, about 10 minutes longer. Transfer beans to bowl. Add lemon juice, grated lemon peel and half of the almonds. Toss to coat; season with salt and pepper. Sprinkle with remaining almonds