

Brown Rice

Brown rice has a slightly nutty flavor and is a low-calorie whole grain providing more nutrients than white rice. You can use brown rice whenever white rice is called for.

Yield: 8 servings • **Serving size:** ½ cup

2 cups brown rice
3 cups water
½ teaspoon Kosher salt

1. Bring rice, water, and salt to a boil.
2. Cover, reduce heat to low, and simmer for 40–45 minutes.
3. Remove from heat and let the cooked rice sit for 10 minutes, covered, to absorb maximum moisture.
4. Remove lid and fluff rice with a fork.

Note: Brown rice doubles in volume when cooked.

Options: Cook in low-sodium broth instead of water.

Add chopped herbs (such as parsley, cilantro, basil, chives, thyme) after cooking.

Add lemon or lime zest after cooking.

Freezes well—Cooked rice freezes well. Spread cooked rice on a parchment or waxed paper lined baking sheet. Freeze. Then put frozen rice in a freezer-safe container and store in freezer.

Nutrition Facts	
Serving size	.5 cup (143g)
Amount Per Serving	
Calories	170
% Daily Value*	
Total Fat 1.5g	2%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 125mg	5%
Total Carbohydrate 35g	13%
Dietary Fiber 2g	7%
Total Sugars 0g	
Includes 0g Added Sugars	0%
Protein 3g	6%
Vitamin D 0mcg	0%
Calcium 7mg	0%
Iron 1mg	6%
Potassium 116mg	2%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



Stewed Cabbage

Nutrition Facts	
Serving size	1 cup (323g)
Amount Per Serving	
Calories	120
	% Daily Value*
Total Fat 4g	5%
Saturated Fat 0.5g	3%
<i>Trans</i> Fat 0g	
Cholesterol 0mg	0%
Sodium 80mg	3%
Total Carbohydrate 21g	8%
Dietary Fiber 7g	25%
Total Sugars 9g	
Includes 0g Added Sugars	0%
Protein 4g	8%
Vitamin D 0mcg	0%
Calcium 114mg	8%
Iron 3mg	15%
Potassium 625mg	15%

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This recipe works with any type of greens—collards, kale, spinach, mustard, or a mixture.

Yield: 8 servings • Serving size: 1 cup

2 TBSP olive oil	1 can (28-ounce) no salt added crushed tomatoes,
1 onion, sliced	2 bay leaves
4 carrots, peeled and sliced	1 teaspoon onion powder
3 cloves garlic, minced	1 teaspoon garlic powder
1 large head cabbage, chopped	½ teaspoon black pepper
2 cups low-sodium vegetable broth	½ teaspoon red pepper flakes

1. Heat oil in a large stock pot over medium-high heat. Add onion and sauté until onion is softened and translucent.
2. Add carrots, garlic, and cabbage, and sauté for about 5 minutes.
3. Add broth, tomatoes, bay leaves, and seasonings. Bring to a boil, reduce heat and simmer for 20 minutes.
4. Remove bay leaves before serving.

Ginger Tea

Nutrition Facts	
Serving size	1 cup (245g)
Amount Per Serving	
Calories	15
	% Daily Value*
Total Fat 0g	0%
Saturated Fat 0g	0%
<i>Trans</i> Fat 0g	
Cholesterol 0mg	0%
Sodium 10mg	0%
Total Carbohydrate 5g	2%
Dietary Fiber 0g	0%
Total Sugars 4g	
Includes 4g Added Sugars	8%
Protein 0g	0%
Vitamin D 0mcg	0%
Calcium 8mg	0%
Iron 0mg	0%
Potassium 7mg	0%

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Flavored waters—using fruit or herbs—are a way to make unsweetened drinks interesting.

Yield: 16 cups (1 gallon) • Serving size: 1 cup

4-inch piece of fresh ginger, peeled and coarsely grated or chopped
1 lemon
4 TBSP honey or agave nectar
1 gallon water
Ice, for serving

1. Bring a 16 cups (1 gallon) of water to a boil.
2. Place peeled and chopped ginger into a non-reactive pot.
3. Zest lemon with a vegetable peeler and add zest to pot
4. Juice lemon and set aside.
5. Add honey to pot.
6. Add boiling water to pot. Let steep for 10 minutes.
7. Strain solids from water and discard.
8. Add lemon juice to taste.
9. Serve warm or refrigerate until cold and serve cooled over ice.

