

# Aloha Rice

## Ingredients:

- 1 ½ cups dry brown rice
- ½ cup juice from 8 oz can of pineapple chunks
- 1 cup chicken or vegetable broth
- 15 oz can black beans, rinsed

**Directions:** Place rice, pineapple juice, & broth in rice cooker. Click to “cook” setting. When rice is done, add sliced pineapple & rinsed black beans and stir.



**Pump it Up:** Put your timer on when your food starts to cook and do as many jumping jacks as you can in 1 minute. Try to increase the number every week.



**Food for Thought:** Brown rice is a healthier option than white rice. It is high in fiber which helps you feel full and supports a healthy digestive system.

Tasty Thoughts: \_\_\_\_\_  
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