

Whole Grain Recipe

Rice Cooker

Eggs with Brown Rice



Ingredients:	Approx. Cost:*
1 rice cooker cup brown rice	\$.25
½ cup tomato sauce	\$.40
½ cup onion, chopped	\$.32
½ of a green bell pepper, chopped	\$.40
½ tsp cumin, ½ tsp oregano	\$.50**
½ cup frozen peas	\$.32
4 eggs	\$.56
Total:	\$2.75

of servings: 4 **Cost per servings: \$.69**

*Based on Peapod's on-line pricing.

**Condiments and spices are calculated as a 25 cent estimate each time they are used.

Directions: Put rice, tomato sauce, onion, bell pepper, cumin, and oregano into the rice cooker. Add 4 rice cooker cups of water. (This is more than you would usually use for 1 cup of rice.) Cover, push "on" button down and cook until button clicks up. Immediately add the peas and stir. Make 4 indentations with the back of the spoon into the rice and break an egg in each indentation. Put the lid of rice cooker back on and let the eggs cook for 5 to 7 minutes. The warm rice mixture will cook the eggs. Season with salt and pepper and serve.

Nutritional Information per 1 cup serving

Calories	310
Total Fat	9 g
Saturated Fat	2.5 g
% of daily total	13 %
Carbohydrates	45 g
Protein	12 g
Fiber	3.5 g

		% of daily total
Vit A	13	%
Vit C:	21	%
Calcium:	7	%
Iron	32	%
Good source of* <i>Magnesium, Potassium, Zinc, Thiamin, Riboflavin, Niacin, Vitamin B6, Vitamin B12, Vitamin E, Folate</i>		
*(10% or more of the RDA)		

based on 2000 calorie diet

