Easy Cheesy Rice



Makes 1 Serving

Ingredients

- O 1 cup brown rice, cooked
- O 1/4 cup frozen peas
- O 1/4 cup frozen corn
- O 1 tablespoon water
- O 1/4 cup cheddar cheese, shredded

Directions

- 1. In a microwave-safe bowl, combine cooked brown rice, frozen peas, frozen corn and water.
- 2. Heat rice mixture in the microwave for 30 seconds. Stir and microwave for an additional 30 seconds.
- Carefully remove from microwave and stir in cheddar cheese.Microwave for another 20 to 30 seconds, until cheese is melted.
- 4. Carefully remove from microwave and allow rice mixture to cool for 1 minute before enjoying.

Recipe from: Feeding PA and PA Eats









feedingpa.org/hpi

Funding is provided by the Pennsylvania Department of Health through the Preventive Health and Health Services Block Grant from the Centers for Disease Control and Prevention.