



SPINACH & MUSHROOM RICE

QUICK INFORMATION

TIME



35 MINS

SERVES



6

CALORIES



160

GLUTEN FREE



RECIPE

VEGAN



RECIPE

INGREDIENTS

- 1 cup Lundberg Organic Sprouted Tri-Color Rice Blend
- 1¾ cups vegetable broth
- 1 Tbsp. olive oil
- 1 medium onion, finely chopped
- 4 cups assorted fresh mushrooms (Pantry Friendly: 1 oz. dried mushrooms)
- 6 cloves garlic, minced
- 6 oz. spinach, stems removed (Pantry Friendly: 2 cups frozen spinach)
- 1 Tbsp. gluten-free tamari sauce
- ¼ tsp. crushed red pepper flakes
- Salt and pepper to taste
- Garnish with ¼ cup sliced green onions or chives

NUTRITIONAL FACTS

Serving Size: 1 cup

AMOUNT PER SERVING

Calories 160 Calories from Fat 30

Total Fat 3.5g
Saturated Fat 0g
Trans Fat 0g

Cholesterol 0mg

Sodium 320mg

Total Carbohydrate 28g
Dietary Sugar 4g
Sugars 2g

Protein 5g

PREPARATION

Cook rice according to package directions. Reserve and keep warm. Meanwhile, heat olive oil in a large, deep skillet over medium-high heat and sauté onion until translucent. Add mushrooms and cook until softened; stir in garlic and cook 1-3 minutes more. Add in spinach and cook until just wilted. Gently fold mushroom-spinach mixture into cooked rice, sprinkle with tamari sauce and crushed red pepper flakes; salt and pepper to taste. Serve in a wide bowl and garnish with green onions or chives.