



Arroz Verde with Cilantro and Epazote

6 Servings • 1 Serving = ½ Cup

INGREDIENTS

- 1 cup cilantro
- ½ cup epazote leaves
- 1 cup white rice
- 1 Tablespoon olive oil
- 2 cups chicken broth or water
- Pinch of salt

DIRECTIONS

1. Finely dice the cilantro and epazote and set aside.
2. In a large pot, brown the rice in olive oil over medium heat, stirring constantly for approximately 1 minute.
3. Pour chicken broth or water into the pot.
4. Bring to a gentle boil then reduce heat to a gentle simmer.
5. Add the herbs and salt to the rice and cover the pot with a tight-fitting lid.
6. Cook over low simmer heat with the lid for approximately 20 minutes or until liquid is fully absorbed and rice is tender.
7. Add salt to taste.

Nutrition Facts

6 servings per container	
Serving size	1/2 cup
Amount per serving	
Calories	150
% Daily Value*	
Total Fat 2.5g	3%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 135mg	8%
Total Carbohydrate 27g	10%
Dietary Fiber 0g	0%
Total Sugars 0g	
includes 0g Added Sugars	0%
Protein 3g	
Vitamin D 0mcg	0%
Calcium 5mg	0%
Iron 0mg	0%
Potassium 21mg	0%
<small>*The % Daily Value 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.</small>	

chefs.org

@CHEFSanAntonio

