Brown Rice with Spinach and Parmesan Cheese
RECIPE

Brown Rice with Spinach and Parmesan Cheese

TIME	35 Minutes
INGREDIENTS	10 items
MAKES	4 servings

Created by Mississippi Chef Nick Wallace, this easy and delicious one-pot dish is packed with flavor from the spinach and parmesan. A family-friendly option, this will quickly become a dinner go-to!

INGREDIENTS

- 1 tablespoon extra-virgin olive oil
- 1 small onion, finely chopped
- 2 cloves garlic, minced
- 1 1/4 cups Ben’s Original™ Ready Rice™ Whole Grain Brown Rice
- 1 tablespoon fresh thyme, chopped
- 1/2 teaspoon kosher salt
- 1/4 teaspoon black pepper
- 2 1/2 cups low-sodium chicken or vegetable broth
- 1 (8 oz.) bag fresh spinach, roughly chopped
- 1/4 cup grated Parmesan cheese, plus extra for serving

INSTRUCTIONS

1. Heat olive oil in a large pan over medium heat.
2. Add onion and sauté 5-6 minutes, until softened. Add garlic and sauté another 30 seconds.
3. Add Ben’s Original rice straight into the pan with thyme, salt and pepper and stir to get the rice coated in the oils.
4. Add chicken or vegetable broth and bring to a boil. Then cover, lower the heat to medium low and cook 15-20 minutes, until the liquid is absorbed and the rice is cooked through.
5. Add chopped fresh spinach on top of the rice, then cover and let sit for 5 minutes off the heat.

6. Stir spinach into the rice and add Parmesan cheese. Taste and adjust seasoning and serve hot.

NUTRITION

- CALORIES: 330
- TOTAL FAT: 8g - 10%
- TRANS FAT: 1.5g
- SODIUM: 330mg - 18%
- TOTAL CARBOHYDRATES: 55g - 20%
- DIETARY FIBER: 5g - 18%
- TOTAL SUGARS: 3g
- PROTEIN: 12g

Source URL:
https://www.bensoriginal.com/rice-recipe/brown-rice-spinach-and-parmesan-cheese