

Island Peas and Rice

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Servings: 6

1 can (13.5 ounce) coconut milk
1 1/2 cups reduced-sodium chicken
broth
1/4 cup raisins (optional)
1 1/2 teaspoons total seasoning
1 package (10 ounce) yellow rice
1 cup frozen green peas

In a medium saucepan, combine the coconut milk, broth, raisins and seasoning. Cover and bring to a boil on high.

Stir the rice mix into the boiling mixture. Cover. Reduce the heat to low. Cook for 22 to 25 minutes (covered, DO NOT STIR) or until most of the liquid is absorbed and the rice is tender.

Stir in the peas. Cover. Cook for 4 to 5 minutes or until the peas are heated.

Fluff the rice with a fork and serve.

Per Serving (excluding unknown items): 110 Calories; 10g Fat (73.8% calories from fat); 2g Protein; 6g Carbohydrate; 2g Dietary Fiber; 0mg Cholesterol; 33mg Sodium. Exchanges: 0 Grain(Starch); 0 Fruit; 2 Fat.