

Side Dish

Salsa Rice

Cooking Light Magazine

Servings: 4

Start to Finish Time: 10 minutes

2 cups cooked rice

1 cup salsa

1/2 cup Monterrey Jack cheese, shredded

In a microwave safe baking dish, stir together the rice and salsa. Cover and microwave on HIGH for 4 minutes.

Scatter the cheese over the rice and microwave for 1 minute more.

Per Serving (excluding unknown items): 138 Calories; trace Fat (2.7% calories from fat); 3g Protein; 30g Carbohydrate; 1g Dietary Fiber; 0mg Cholesterol; 283mg Sodium. Exchanges: 1 1/2 Grain(Starch); 1/2 Vegetable.