

Mexican Style Rice Bowl

¾ cups cooked brown rice
½ cup canned black beans, drained and rinsed
¼ cup canned hominy, drained and rinsed
1 oz. tofu, drained and cubed
2 tbsp Salsa
1 tbsp Fresh Cilantro
Fresh lime wedge

Directions:

Place black beans and tofu in a microwaveable bowl, microwave for 45 seconds. Mix in cooked rice, hominy, salsa, and cilantro. Squeeze fresh lime on top.

Nutrition Facts			
Serving Size (376g)			
Servings Per Container			
Amount Per Serving			
Calories 290		Calories from Fat 30	
% Daily Value*			
Total Fat 3.5g			5%
Saturated Fat 0g			0%
Trans Fat 0g			
Cholesterol 0mg			0%
Sodium 940mg			39%
Total Carbohydrate 62g			21%
Dietary Fiber 12g			48%
Sugars 3g			
Protein 13g			
Vitamin A 4%		Vitamin C 20%	
Calcium 10%		Iron 15%	
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:			
	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Calories per gram:			
	Fat 9	Carbohydrate 4	Protein 4