

Rice Ring with Vegetables

Makes 4 servings

- 1/4 cup chopped parsley
- 2 cups hot, cooked brown rice
- 1 tablespoon butter *or* margarine
- 2 stalks celery, diced
- 1 red pepper, cut into 2-inch strips
- 1/4 cup minced red onion
- 1 1/2 cups thinly sliced mushrooms

Stir parsley through rice; press rice into a lightly oiled 9 -inch ring mold. Invert mold onto a serving plate; keep warm. Melt butter in a small skillet. Add celery, red pepper, onion, and mushrooms; sauté over medium-high heat about 5 minutes, stirring often, until vegetables are tender. Prepare Lemon Sauce. Spoon vegetable mixture into center of rice ring. Pour Lemon Sauce over top.

Lemon Sauce

- 4 ounces Neufchatel cheese
- 1 tablespoon plain yogurt
- 1 tablespoon lemon juice
- 1/8 teaspoon saffron powder
- 2 tablespoons skim milk *or* vegetable broth

Combine all ingredients in a small saucepan. Cook over low heat, stirring often, until the mixture is the consistency of a medium white sauce.

Calories 160
Protein 4g
Carbohydrate 30g
Fat 4g
Sodium 45mg
Potassium 310mg

NUTRITION INFORMATION PER SERVING

Percent U.S. RDA / Per Serving

Protein 6%
Vitamin A 50%
Vitamin C 100%
Thiamine 10%
Riboflavin 8%
Niacin 15%

Calcium 2%
Iron 8%
Phosphorus. 10%