

#QUARANTINE KITCHEN

Budget-Friendly Recipes
Using Canned & Dry Foods

Breakfast Rice With Apples (Makes 4 servings.)

Ingredients

- 2 c. medium grain white rice, cooked
- 1 c. plain low-fat yogurt
- 1 Tbsp. pancake syrup or sugar
- 1 apple, peeled, center removed, and chopped
- 1 tsp. cinnamon
- 2 Tbsp. raisins

Directions:

1. Add all ingredients in a medium bowl. Stir well.
2. Cover and chill in the refrigerator overnight.
Serve cold.

Nutrition info: Serving size: $\frac{3}{4}$ cup, Calories: 210, Total Fat: 1.5 g, Saturated Fat: 0.5 g, Cholesterol: 5 mg, Sodium: 50 mg, Total Carbohydrate: 45 g, Dietary Fiber: 2 g, Sugars: 9 g, Protein: 6 g. *Recipe provided by USDA FNS, Distribution Division, 2009.*

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