

Spanish Rice with Sangria

Step 1: make the spanish rice

4 ounces reduced sodium boiled ham
1 medium green pepper
1 garlic clove
2 teaspoons olive oil
1/2 cup onion slices
1 teaspoon paprika
1/2 to 1 teaspoon chili powder
1 can (14 1/2 ounces) chopped tomatoes, including liquid
1 1/2 cups water
2 cups instant white rice
2 tablespoons grated Cheddar cheese (optional)

1. Dice the boiled ham . Dice the pepper (you should have about 1 cup). Finely chop the garlic.
2. In a 12-inch nonstick skillet, heat the olive oil over medium-high heat until hot. Add the onions and pepper and cook, stirring constantly, for 4 minutes, or until softened. Add the garlic, paprika, chili powder, and ham. Cover the pan and cook over medium heat, stirring once, for 3 minutes.
3. Add the tomatoes, including the liquid, and water and bring the mixture to a boil over high heat. Add the rice, stir, sprinkle the top with Cheddar, if using, and cover. Remove from the heat and allow to stand for 5 to 7 minutes, or until most of the liquid has been absorbed.

Step 2: prepare the fruited "sangria"

1 orange
1 quart cranberry juice
2 cups grape juice
Juice of 2 lemons
Juice of 1 lime
2 cups ice

Cut the orange into 8 wedges. Place in a large pitcher and add the remaining ingredients. Stir to combine.

Nutrition Information Per Serving:

Single serving is 1/4 of the total recipe

CALORIES 378; PROTEIN 12g; CARBS 72g; TOTAL FAT 3 g; SAT FAT 1g; CHOLESTEROL 13mg; SODIUM 376m g;
FIBER 1g