

That One African Dish

1 cup onion, chopped
1/4-1/2 teaspoon garlic powder
1 Tablespoon Nucoa margarine
3 cups low protein rice or pasta, cooked
1/2 10-oz package frozen spinach, thawed
1-2 envelopes George Washington Broth mix
1 1/2 teaspoon chili powder

Saute onion and garlic in margarine until tender.
Add remaining ingredients, cook on medium heat until all ingredients are heated through.



Per recipe (about 4 cups): 305 mg phe
Per 1/4 cup serving: 19 mg phe