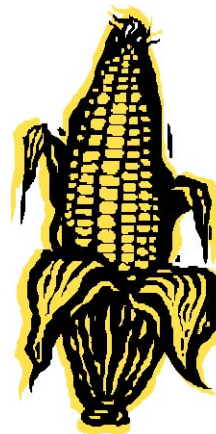


## One Pan Mexican Rice

1/2 cup uncooked low protein rice  
1/4 cup chopped red onion  
1/4 cup chopped green or red bell pepper  
1 tbsp vegetable oil  
1/4 tsp ground cumin  
1/8 tsp crushed red pepper  
1/4 tsp salt  
1/2 tsp chili powder  
1 tbsp vinegar  
2 tsp canned chopped green chiles  
4 tsp whole kernal corn



In a sauce pan, cook rice in boiling water for 12 minutes; rinse and drain. In a skillet, saute the onion and bell pepper over low heat with a mixture of the oil, cumin, red pepper, salt and chili powder. Saute for just a few minutes until onion is tender. Stir in the vinegar, rice, chilies and corn; mix well. Serve hot or cold. Makes 4 half-cup servings.

Per recipe: 74 mg phe, 1.6 g protein  
Per 1/2 cup serving: 19 mg phe, 0.4 g protein



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