



<b>Brick</b>	<b>Marlboro</b>	<b>Oakhurst</b>	<b>Brooklyn</b>	<b>Cedarhurst</b>
<b>732.903.7700</b>	<b>732.536.2027</b>	<b>732.663.0222</b>	<b>718.998.8898</b>	<b>516.569.6400</b>

<b>MEDITERRANEAN RICE</b>	<b>Intermediate Lifestyle</b>
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**Ingredients**

- 2 TBS olive oil
- 2 chopped red onions
- 4-6 cloves minced garlic
- 4 cups cooked rice
- 1 TBS paprika
- 2 TSP cinnamon
- handful tom fresh coriander (no stems)
- cayenne and pepper

**Instructions**

1. In a large heavy skillet, brown together the olive oil, onions and garlic cloves.
2. Stir in the 4 cups of rice, paprika, cinnamon, coriander, cayenne and pepper

**Portion-Per-Serving Information (Serves 8):**

Serving size = 1/2 cup = 1/4 V, 1 GR