



## **MEDITERRANEAN RICE**

Intermediate Lifestyle

### 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