



A RED SOX FOUNDATION AND
MASSACHUSETTS GENERAL HOSPITAL PROGRAM



Rice, Beans and Roasted Veggies

Serves 4

Ingredients:

1 cup black beans (canned low-sodium or no added salt, drained)
1 cup uncooked rice (e.g. brown or white)
1 ¾ cups water or stock
Salt and pepper to taste
Optional: fresh parsley and lemon

For Roasted Vegetables:

2 bell peppers (sliced or cut into 1-inch chunks)
½ onion (sliced or cut into 1-inch chunks)
¼ cup extra-virgin olive oil
1 tsp garlic powder
½ teaspoon salt
¼ teaspoon ground black pepper



Directions:

1. Prepare Rice: Follow instructions on packaging. When cooked, fluff with a fork and serve warm.
2. Prepare Roasted Vegetables: In a medium bowl, combine peppers, onions, herbs/spices, and oil. Transfer to baking sheet and roast at 350°F for ~30 minutes until soft and brown. Remove from oven and set aside.
3. Combine rice, beans, and vegetables in serving bowl. Optional: top with chopped fresh parsley, add a squeeze of lemon.

Nutrition Tips:

1. Rice can be made more flavorful and nutrient-rich by cooking with low-sodium chicken or vegetable stock.
2. Personalize this recipe by swapping out the veggies listed above for other non-starchy roasted vegetables you enjoy!

Source:

Nicolette Maggiolo is the Registered Dietitian for Home Base, a Red Sox Foundation and Massachusetts General Hospital Program, where she provides individual and group nutrition counseling to veterans and their families. Originally from New York, Nicolette brings her love of cooking, fitness and an integrative approach as she supports patients with individualized nutrition plans.