

Arroz Verde (Green Rice)

From [Eileen R. Beran's Food Blog](#), May 10, 2011.

Start to finish: 90 minutes (active time: 15 minutes)

Servings: 4

1 jalapeno pepper, seeded and chopped
1 cup cilantro, leaves and small stems, chopped
1/2 cup parsley, leaves and small stems, chopped
1 clove garlic, minced
1 teaspoon salt
1 cup long-grain brown rice
2 cups water

Preheat oven to 350°F.

In oiled casserole dish with cover, combine all ingredients. Cook, covered, until rice is soft and liquid is mostly absorbed, 50 to 60 minutes, stirring after 30 or 40 minutes to distribute ingredients. Remove from oven and let rest 10 minutes. Stir to fluff rice just before serving.

Nutrition information per serving (values are rounded to the nearest whole number):
178 calories; 12 calories from fat; 1 g fat (0 g saturated; 0 g trans fats); 0 mg cholesterol;
37 g carbohydrate; 4 g protein; 2 g fiber; 589 mg sodium.

(Recipe adapted from [JDELVO's "Arroz Verde,"](#) at [SparkPeople.com](#).)