

[](http://www.google.com/url?sa=i&rct=j&q=&esrc=s&source=images&cd=&cad=rja&uact=8&ved=0ahUKEwjPrvbpo-fOAhWBaSYKHXLAAsYQjRwIBw&url=http%3A%2F%2Fwww.buffalonews.com%2Flife-arts%2Frefresh%2Ffive-ways-to-celebrate-salad-days-20150822&bvm=bv.131286987,d.cGc&psig=AFQjCNHAQ9f0bBPgKgei51h5d9WYxUPFRA&ust=1472582601880083)**Greens with Carrots, Feta Cheese, and Brown Rice**

**4 SERVINGS (1.5 cups per serving)**

Nutrition Facts per Serving:

Calories: 307 Protein (g): 11

Fat (g): 10 Carbohydrate (g): 45

# Ingredients:

|  |  |
| --- | --- |
| 2 | Carrots, shredded |
| 2 bunches | Dark leafy greens (kale, collard greens, or Swiss chard), tough stems removed, leaves very thinly sliced |
| ¼ cup | Water |
| ½ | Red onion, finely chopped |
| 1 cup | Feta cheese, crumbled |
| 1 cup | Brown rice, dry |
|  | Salt and black pepper, to taste |
|  |  |
|  |  |

**Instructions:**

1. Cook rice according to package directions.
2. Put carrots, greens, onions, water, salt, and pepper into a large, deep skillet and toss well.
3. Cover and cook over medium heat, tossing once or twice, until greens are wilted and tender, 10 to 15 minutes.
4. Toss with feta cheese and spoon over brown rice.