cooking with the doctors . com

doctor siddiqui's ratatouille


ALL ISLAND NEUROLOGY
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serves 4

ingredients:

3 large onions
2 small eggplants
3 zucchinis
5 tomatoes
1 red pepper
1 green pepper
4 cloves of garlic
4 tablespoons of olive oil

slice onions, cut eggplants, zucchinis and tomatoes in small pieces, slice the peppers. heat the oil 2 minutes at medium heat in a large pot, add onions, stir for 2 minutes, add all the vegetables, sliced garlic, salt and pepper.
simmer for at least 1 hour and 1/2

serve with whole grain rice


CAROLINA
CAROLINA
BROWN RICE
Whole Grain
NEW! E-Z OPEN & RESEALABLE
1 LB. PACK
Nutrition Facts
Serving Size 1/4 cup (42 grams (makes 3/4 cup prepared))
Servings per Container about 10
Amount Per Serving As Packaged
Calories 150
Calories from Fat 10
% Daily Value*
Total Fat 1g 2%
Saturated Fat 0g 0%
Trans Fat 0g
Cholesterol 0mg 0%
Sodium 0mg
Potassium 100mg 3%
Total Carb 32g 11%
Dietary Fiber 1g 4%
Sugars 0g
Protein 3g 6%
Vitamin A 0% • Vitamin C 0%
Calcium 0% • Iron 8%
Thiamin 10% • Niacin 10%
INGREDIENTS:
Long Grain Brown Rice.
30 minutes
Directions For Cooking Rice In Excess Water
To prepare up to 2 cups of brown rice bring 10 cups of water to a boil. Stir in rice. Return to a boil. Cook uncovered for 30 minutes. Drain water. Serve.
1 Tablespoon tub margarine and 1 teaspoon salt per cup of rice can be added to the water while cooking, if desired.
BROWN RICE STORAGE
For longer shelf life we recommend storing brown rice in the refrigerator or freezer.
New! 30 MINUTE COOKING DIRECTIONS • E-Z OPEN & RESEALABLE BAG
100% WHOLE GRAIN 42g or more per serving
For FREE recipes log onto www.carolinarice.com
Questions? Comments? Call 1-800-226-9522 Monday-Friday, 9 am to 4 pm Central Time. Please have the package available when calling.
GROWN IN THE USA
RICE
Heart Healthy
DIETS RICH IN WHOLE GRAIN FOODS AND OTHER PLANT FOODS AND LOW IN TOTAL FAT, SATURATED FAT, AND CHOLESTEROL, MAY HELP REDUCE THE RISK OF HEART DISEASE AND CERTAIN CANCERS.