



AN INDEPENDENT HEALTH FOUNDATION PROGRAM

April 28th, 2015 Cooking Class

Featuring

D'Avolio's Olive Oil and Vinegar

Green Tea Wasabi Rice

Serves 6

Ingredients:

- 1 cup dry brown rice
- 2 cups brewed green tea
- 1 small onion, diced
- 1 tsp. wasabi
- 1 tsp. D'Avolio garlic oil
- 1 tsp. minced ginger
- Salt to taste

Directions:

Brew green tea. Sauté onions, ginger, and garlic. Add green tea and bring to a boil. Add brown rice, cover and simmer until rice is tender. Add wasabi and adjust seasonings with salt.

Nutrition Facts	
Serving Size: about 1/2 cup	
Servings: 6	
Amount Per Serving	
Calories 120	Calories from Fat 15
% Daily Value*	
Total Fat 2g	3%
Saturated Fat 0g	1%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 100mg	4%
Total Carbohydrate 24g	8%
Dietary Fiber 2g	6%
Sugars 1g	
Protein 3g	
Vitamin A 0%	Vitamin C 2%
Calcium 0%	Iron 2%
*Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.	
	Calories 2,000 2,500
Total Fat	Less than 65g 80g
Sat Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2400mg 2400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g

