

# Easy & Healthy!

Healthy food that's fast and easy? There are many ways to make delicious meals simple and healthy. Here's a quick way to make a **nutritious plant-powered meal** your whole family will enjoy.



1

Ingredients:

- + Spices: cumin, garlic powder, pepper and salt (optional)
- + Frozen brown rice
- + Canned, no/low sodium added kidney beans
- + Frozen onion mix
- + Frozen stir fry vegetable mix



2

Drain and rinse canned beans before warming up. Cook all ingredients in microwave safe bowl, or on stove top, according to package instructions.



3

Season to taste with cumin, garlic powder, pepper and salt (optional). Mix the onion mix with brown rice in pot or bowl.

4

Combine and serve!

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