

Pinon Rice Bake with Artichokes and Goat Cheese

Yield: 5 min
Total Time: 60 min

Recipe from: <https://www.recipeschoose.com/recipes/pinon-puerto-rico-recipe>

Ingredients:

- 2 1/2 cups cooked long-grain brown rice I cook mine with saffron
- 1/2 cup nuts toasted pinon, aka pine nuts
- 3 plum tomatoes ripe, seeded, chopped
- 12 artichoke hearts halved, I used Trader Joe's frozen, thawed
- 4 ounces green chiles
- jalapeños
- 1 cup corn kernels roasted
- 3 cloves garlic peeled, chopped
- seasoning to taste, I used cumin, Old Bay Seasoning, sea salt and ground pepper
- extra-virgin olive oil as needed, about 4-5 tablespoons
- 4 ounces goat cheese or sheep feta, cubed

Nutrition:

1. Calories: 450 calories
2. Carbohydrate: 46 grams
3. Cholesterol: 30 milligrams
4. Fat: 21 grams
5. Fiber: 13 grams
6. Protein: 23 grams
7. SaturatedFat: 7 grams
8. Sodium: 500 milligrams
9. Sugar: 7 grams

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