

## Heart Healthy BBQ with Veggies and Rice

**Serves: 6 (serving size – 2 cups)**

1 small onion

2 cloves of garlic

3 Tbs. vegetable oil

1/2 large head of green cabbage (add some red cabbage for color)

5-6 large leaves of collards, kale, or other dark green leafy vegetable

1 medium to large sweet potato - roasted (page 33) and diced

3 cups cooked brown rice (takes longer than white so allow time)

1 cup of shredded BBQ meat, cooked

1 teaspoon of your favorite herb seasoning (thyme, oregano, Italian mix etc.)

hot pepper to taste

your favorite BBQ sauce to taste\*

### Nutrition Facts

servings per container  
**Serving size** (293g)

Amount per serving  
**Calories** **310**

% Daily Value\*

**Total Fat** 11g **14%**

Saturated Fat 2g **10%**

Trans Fat 0g

**Cholesterol** 30mg **10%**

**Sodium** 190mg **8%**

**Total Carbohydrate** 41g **15%**

Dietary Fiber 5g **18%**

Total Sugars 9g

Includes 4g Added Sugars **8%**

**Protein** 13g

Vitamin D 0mcg **0%**

Calcium 86mg **6%**

Iron 2mg **10%**

Potassium 491mg **10%**

\*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

### Directions

1. In a large frying pan with a lid sauté/steam onions, garlic, hot pepper and herbs in oil.
2. Chop cabbage and collards/ kale and add to the pan.
3. Add the cooked sweet potato to the mix 5 minutes before done.
4. When the mix is tender but not mushy, mix with BBQ meat. Add BBQ sauce and serve over brown rice.

\* Look for sauces that have less than 6 grams of sugar and 300 mg sodium per serving.