

*Instead of Spanish Rice with your favorite Mexican dishes, substitute **Vermont Morning®** for whole grain goodness and better nutritionals, all the way around the plate! Ole!*

- 1/4 cup chopped cilantro
- 1 clove garlic minced
- 1 teaspoon ground Chipotle Chile Pepper
- 1/2 teaspoon salt

Set aside for last

- 2-3 plum tomatoes, diced
- 1/2 cup corn
- 1/2 cup zucchini diced
- 1/4 cup scallions sliced into 1/8 inch rounds

Set aside

- 1/2 cup carrots diced
- 1/4 cup onion diced
- 1-2 fresh green chili peppers cleaned, seeded and diced

Sauté in a little butter or oil in a non-stick pan.

- While sautéing, prepare **Vermont Morning®** as usual, substituting broth and tomato juice for water. Use equal parts liquid and cereal so it will be drier.
- 2 cups Vermont Morning multi-grain hot cereal
- 2 cups broth (chicken or vegetable) and tomato juice mixture

Mix the cooked and uncooked vegetables (except for the garlic and cilantro) in the frying pan. Add **Vermont Morning®** and mix the grains and the vegetables separating the grains into small bits as you continue cooking. Sauté like hash, letting some of it brown and crisp, turn it and repeat until it is nearly finished. Add the garlic and cilantro, mixing well to incorporate the flavors. Add Chipotle Chile Pepper and salt to taste. Garnish with sour cream, guacamole, and salsa. You can make this a one dish meal by adding 1-2 cups of chopped chicken, pork, or beef (sautéed until lightly browned) to the vegetables and **Vermont Morning®** at the start of the sauté.