

Cat's Sticks Mix

Pogo sticks are no-go sticks, so use chopsticks –or a fork or spoon- to eat the Cat's bowl of rice and carrots and corn. If you want, you can make it with broccoli or cabbage or sweet red peppers or asparagus.

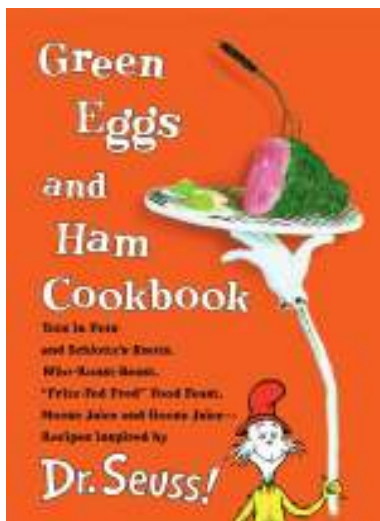
Ingredients

2 cups nonfat chicken broth
1 cup long-grain white rice
16 mini-carrots
15-ounce can baby corn
½ cup chopped cilantro (optional)

Directions”

1. Put the chicken broth in a saucepan and bring to a boil.
2. Add the rice, bring back to a boil, then reduce the heat to low and cover.
3. Cook without stirring until the rice is tender, about 20 minutes.
4. While the rice is cooking, slice the carrots and corn into thin rounds.
5. Divide the rice among four bowls and top each with the carrots and corn.
6. Sprinkle with the cilantro if you want.

Makes 4 servings



From *Green Eggs and Ham Cookbook* by Georgeanne Brennan with photographs by Frankie Frankeny

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