

# Cilantro Lime Brown Rice



*Using the pasta method for rice is as simple as boiling water! This easy way of making rice removes excess starch and makes for a fluffy brown rice that doesn't clump or stick together.*

<b>YIELD</b> <b>6 SERVINGS</b>	<b>PREP TIME</b> <b>5 MIN</b>	<b>TOTAL TIME</b> <b>30 MIN</b>
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## INGREDIENTS

1 cup	Brown Rice, parboiled
¼ cup	Cilantro, fresh, chopped
1 Tbsp	Lime Juice

## CHEF'S NOTES

This recipe is easy to make in whatever quantity you want because there is no specific ratio of rice to water to remember! It is great to make in bulk and stores in the refrigerator for up to a week.

Try adding lemon and parsley for a different flavor profile – acid and herbs are a great sodium-free way to add extra flavor to any dish!

This dish makes a perfect base for any burrito bowl or our Make Your Own Chicken Fajita Bowl recipe.

## DIRECTIONS

1. Gather all necessary equipment and ingredients.
2. Fill a medium saucepot with water and bring it to a boil.
3. Add the rice to the pot of water and allow to cook until the rice is fork tender, about 20 minutes.  
\*NOTE: If not using parboiled rice, you will need to consult your package for the correct cooking time. Brown rice can take up to 45 minutes to cook fully.
4. Drain the rice and return it to the pot or a bowl. Add the cilantro and lime juice to the rice and mix until all of the ingredients are well combined. Set aside and allow to cool for 5 minutes or until desired temperature.

# Nutrition Facts

6 servings per container

**Serving Size** 1/2 cup (35 g)

Amount per serving

**Calories** 120

% Daily Value \*

**Total Fat 1g** 0%

Saturated Fat 0g 0%

*Trans* Fat 0g

**Cholesterol 0mg** 0%

**Sodium 0mg** 0%

**Total Carbohydrate 24g** 9%

Dietary Fiber 1g 4%

Total Sugars 0g

Includes 0g Added Sugars 0%

**Protein 2g** 5%

Vitamin D 0mcg 0%

Calcium 10mg 0%

Iron 0.58mg 3%

Potassium 91mg 0%

\*The % Daily Value (DV) 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.

