

Cilantro Lime Brown Rice



This simple steamed rice is jazzed up with extra flavor from fresh herbs and acid, allowing you to skip the salt.

YIELD 6 SERVINGS	PREP TIME 5 MIN	TOTAL TIME 30 MIN
-----------------------------------	----------------------------------	------------------------------------

INGREDIENTS

1 cup	Brown Rice, parboiled
2 ½ cups	Water or Vegetable Stock, no salt added
¼ cup	Cilantro, fresh, chopped
1 Tbsp	Lime Juice (about ½ of a lime)

CHEF'S NOTES

This recipe can be scaled up or down depending on how much rice you want to make. Just remember the 1 to 2.5 ratio of rice to water. 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. In a medium saucepot, combine the brown rice and water and place the pot over medium-high heat.
3. Bring the mixture to a boil then reduce to a simmer and cover. Cook for 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. Check the rice to see if it is fully cooked. If it is still crunchy, check for water on the bottom of the pot. If the water has been fully absorbed, add about ¼ cup more and continue to cook for a few more minutes. If the rice is sticking to the bottom of the pot, reduce the heat as low as possible.
5. Once the rice is fully cooked, remove the pot from the heat and allow it to sit, covered, for about 5 more minutes.
6. Using a fork, fluff the rice, add then add the cilantro and lime juice to the rice. Gently mix until all of the ingredients are well combined.

Nutrition Facts

6 servings per container

Serving size 1/2 cup (132g)

Amount Per Serving

Calories 110

% Daily Value*

Total Fat 0.5g 1%

Saturated Fat 0g 0%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 0mg 0%

Total Carbohydrate 24g 9%

Dietary Fiber 0g 0%

Total Sugars 0g

Includes 0g Added Sugars 0%

Protein 2g 4%

Vitamin D 0mcg 0%

Calcium 0mg 0%

Iron 0.4mg 2%

Potassium 70mg 2%

* 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.

Recipe adapted from Health meets Food, "Cilantro Lime Brown Rice" (1/15/19)



goldringcenter.tulane.edu



@culinarymedicine



Goldring Center for Culinary Medicine

