

Cilantro Lime Rice

Ingredients:

- 1 cup long grain brown rice
- 1 ¼ tsp. extra virgin olive oil
- 2 garlic cloves
- 2 tsp. lime juice
- 2 cup low sodium vegetable broth
- 3 ½ tsp. lime juice
- 2 ½ tsp. sugar
- 2 ½ tsp. cilantro
- ½ tsp. salt



Nutrition Facts	
Serving Size 1 cup (227g)	
Servings Per Container 3	
Amount Per Serving	
Calories 250	Calories from Fat 30
% Daily Value*	
Total Fat 3.5g	5%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 460mg	19%
Total Carbohydrate 50g	17%
Dietary Fiber 3g	12%
Sugars 4g	
Protein 5g	
Vitamin A 2%	• Vitamin C 6%
Calcium 4%	• Iron 6%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	



*VEGAN



*GLUTEN-FREE



*SOY FREE

Directions:

1. In a saucepan combine, rice, olive oil, garlic, 2 tsp. of lime juice, salt and broth and bring to a boil.
2. Cover pan and simmer for 40 minutes. If vegetable broth evaporates before rice is tender add more water, ¼ cup at a time.
3. Check every 5 minutes after 40 minutes until rice is chewy but not mushy.
4. Remove from heat.
5. In a small bowl, whisk together lime juice, and cilantro. Pour over hot cooked rice and mix in as you fluff the rice. Serve Warm.