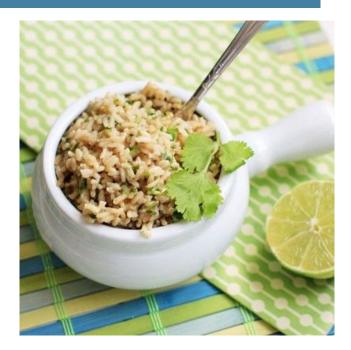


Cilantro Lime Rice

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

Calories 250) Cal	ories fro	m Fat 30
		% D	aily Value
Total Fat 3.5g			5%
Saturated Fat 0.5g		3%	
Trans Fat	0g		
Cholesterol 0mg			0%
Sodium 460mg			19%
Total Carbo	hydrate (50g	17%
Dietary Fiber 3g			12%
Sugars 4g	l		
Protein 5g			
Vitamin A 2%	6 · '	Vitamin	C 6%
Calcium 4%	•	Iron 6%	
*Percent Daily Vadiet. Your daily vadepending on yo	alues may be	e higher or	
Total Fat	Less than		80g

300g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

375g

Total Carbohydrate

Dietary Fiber

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, 1/4 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.