

Cilantro Lime Rice

Yield: 4 servings

Ingredients

2 cups water
1 cup brown rice
2 tablespoons lime juice
½ cup fresh cilantro, chopped

Instructions

1. Combine water and rice, cover and steam until tender; approximately 30 minutes.
2. Stir in fresh lime juice and cilantro.

Nutrition Information

Serving Size: ¼ cup
Calories: 174
Total Fat: 1.5 g
Saturated Fat: 0.3 g
Monounsaturated Fat: 0 g
Sodium: 6.5 mg
Total Carbohydrate: 35.9 g
Dietary Fiber: 1.7 g
Sugars, other: 0.4 g
Protein: 3.5 g

Source: Jennifer Bruinsma



Presented by
Culinary Medicine