



## Cilantro Lime Brown Rice

This is an easy way to make fluffy brown rice that is neither mushy nor clumpy.

### U.S.

1 cup	Brown Rice
2 1/4 cups	Water
1 bunch (about 1/2 cup chopped)	Cilantro, fresh, chopped
2 Tbsp	Lime Juice (from about 1/2 lime)
1/8 tsp	Kosher Salt

### Metric

200 g
535 mL
1 bunch (about 80g chopped)
30mL
0.75g

### **Preparation:**

1. Gather all ingredients and equipment.
2. Place rice in a mesh colander and rinse under cold water.
3. Put the rice and water medium sauce pot, on medium-high heat, and stir.
4. Bring the liquid to a boil.
5. Once boiling, reduce the heat to low and cover the rice.
6. Simmer the rice for 30 minutes. At that point, taste the rice to see if it is still crunchy. If so, check for water on the bottom of the pot; add 1/4 cup of water if all the water has been absorbed and continue to cook. If it is cooked and the water is absorbed, turn off the heat.
7. While the rice is cooking, prepare the remaining ingredients. Finely chop the cilantro leaves. Juice the lime. Set to the side.
7. When the rice is a good consistency, turn off the heat and keep it covered for 10 minutes.
8. Fluff the rice with a fork and remove the cilantro stems. Add the cilantro, lime juice, and salt and enjoy!

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## Nutrition Facts

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6 Servings

**Serving size** 1/2 cup

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**Amount per serving**

**Calories** 120

Calories from Fat 10

**Total Fat** 1 q

Saturated Fat 0 q

Trans Fat 0 q

Monounsaturated Fat 0 q

**Cholesterol** 0 mg

**Sodium** 50 mg

**Total Carbohydrate** 25 q

Dietary Fiber 1 q

Total Sugars 0 q

Includes 0g Added Sugars

**Protein** 3 q

Vitamin D 0 %

Calcium 2 %

Iron 2 %

Potassium 100 mg

Phosphorus 105 mg

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