



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# BROWN RICE WITH FRESH CILANTRO AND LIME

## INGREDIENTS

- 1 1/2 cups uncooked brown rice
- 3/4 cup fresh cilantro, chopped
- 2 cloves garlic, minced
- 1 tbsp. fresh lime juice



## DIRECTIONS

1. Prepare rice to package instructions.
2. In a small bowl, combine cilantro, garlic and lime juice. Whisk well.
3. Add herb mixture to rice and stir until well mixed.

**NUTRITIONAL INFORMATION |** Calories: 229; Fat: 2g;  
Sodium: 2mg; Potassium: 176mg; Carbohydrates: 49g;  
Dietary Fiber: 2g; Protein: 5g; Cost per Serving: \$0.51;  
Recipe makes 4 Servings