



# Lime Cilantro Brown Rice

## Ingredients:

- 1 tablespoon canola oil
- 3 cloves garlic, minced
- 1/2 large onion, chopped
- 2 cups uncooked brown rice
- 1 teaspoon kosher salt
- 2 cups low-sodium chicken broth
- Juice of 3 limes and zest of 2 limes (hold back juice of 1 lime for garnish), cilantro

## Instructions:

1. Heat oil in a large skillet over medium heat. Add garlic and onions. Cook for 3 to 4 minutes.
2. Reduce the heat to low. Add the rice and salt. Cook over a low heat for 3 minutes, stirring constantly to make sure the rice doesn't burn.
3. Add 2 cups of broth, juice and zest of 2 limes. Bring it to a boil. Reduce the heat to low, cover and simmer for 10 to 15 minutes or until the rice is done. Add more liquid as needed. The rice shouldn't be sticky.
4. Just before serving, stir in the juice of 1 lime and lots of chopped cilantro.

Nutrition Facts: 250 calories, 6g total fat, 0mg cholesterol, 690mg sodium, 5g protein, 14mg calcium

*Prep Time: 5 minutes*

*Cooking Time: 15 minutes*

## *Equipment:*

*Large Skillet*

*Pot*

*Measuring Spoons/Cups*

*Cutting Board*

*Servings: 3*

*Serving Size: 1 ½ cup*



**Smart Moves**

Check out our blog at [www.cookingoncampus.arizona.edu](http://www.cookingoncampus.arizona.edu) to find past recipes and a list of upcoming classes!  
For more info about nutrition and what to eat on campus, go to [www.health.arizona.edu](http://www.health.arizona.edu), click Health Promotion, then Nutrition.

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