



### NUTRITION PER SERVING:

|                     |      |
|---------------------|------|
| <b>CALORIES</b>     | 154  |
| <b>PROTEIN</b>      | 3 G  |
| <b>CARBOHYDRATE</b> | 28 G |
| <b>TOTAL FAT</b>    | 3 G  |

|                   |            |
|-------------------|------------|
| <b>PREP TIME:</b> | 5 MINUTES  |
| <b>COOK TIME:</b> | 55 MINUTES |

|                      |                      |
|----------------------|----------------------|
| <b>YIELD:</b>        | 6 SERVINGS           |
| <b>SERVING SIZE:</b> | 1/6 OF ENTIRE RECIPE |

### INGREDIENTS:

|                       |                        |
|-----------------------|------------------------|
| <b>1 C</b>            | BROWN RICE             |
| <b>1¾</b>             | CUPS COCONUT WATER     |
| <b>1 TBSP</b>         | COCONUT OIL            |
| <b>¼ TSP</b>          | KOSHER SALT            |
| <b>ZEST AND JUICE</b> | OF 1 MEDIUM LEMON      |
| <b>2 TBSP</b>         | MINCED ITALIAN PARSLEY |



## LEMON RICE

- 01** Rinse and drain the rice. Combine the rice, coconut water, and coconut oil in a medium saucepan and bring to a boil.
- 02** Cover with a tight-fitting lid, reduce the heat to a low simmer, and cook for 45 minutes. Check a few times, especially towards the end as the rice cooks. If at any point it looks like it is become dry or sticking, splash in additional coconut water as needed.
- 03** Remove from the heat. Add the lemon zest and lemon juice and then fluff with a fork to combine. Cover and let rest for 10 minutes. Stir in the parsley

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