



Brown Rice Pilaf

Makes 3 cups

3/4 cup brown rice (“instant” brown rice with shorter cooking time is fine)
1 Tbls. olive oil
1/2 cup onion, chopped
1/4 cup lemon juice
1/4 teaspoon ground pepper
1 can (14oz) low sodium chicken or vegetable broth

Sauté onion in olive oil until clear. Add broth, rice, lemon juice and pepper and bring to a boil. Lower heat to a simmer and cover. Cook until all the liquid has been absorbed. Add more lemon juice and pepper to taste.

Nutritional Information (per 1/2 cup):

Calories: 117

Total fat: 3g

Saturated fat: 0.5g

Carbohydrates: 20g

Fiber: 3g

Sodium: 80mg