BODYELITEFIT

LEMON RICE

NUTRITION PER SERVING:

CALORIES	154
PROTEIN	3 G
CARBOHYDRATE	28 G
TOTAL FAT	3 G

PREP TIME:	5 MINUTES
COOK TIME:	55 MINUTES

YIELD:	6 SERVINGS
SERVING SIZE:	1/6 OF ENTIRE RECIPE

INGREDIENTS:

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

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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