

# PARSLEY RICE



## INGREDIENTS:

- 1 cup uncooked brown basmati rice
- 1/4 cup chopped parsley
- 1 lemon

## DIRECTIONS:

1. Cook rice according to package instructions
2. Allow rice to cool
3. Add chopped parsley and the juice from one lemon
4. Optional: add 1/4 tsp lemon zest for an extra taste of citrus
5. Split into 4 equal servings. ~ 1/2 cup per serving

Makes 4 Servings | Serving Size = 1/2 cup  
Calories: 248 | Protein: 116 g | Carb: 12 g | Fat: 1 g | Fiber: 2 g