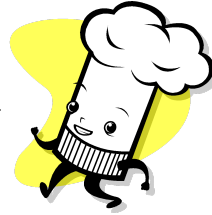


Lemon Rice

12 servings | 154 calories



Ingredients:

2 cups of white or brown rice (\$8.48 for 20 pound bag of rice)

3 ½ cups of water

2 tbsp of vegetable oil (\$2.58 for a 48 oz bottle)

½ cup of lemon juice: about 1 medium-sized lemon (\$.48 per lemon)

4 tbsp of chopped herbs of your choice*

1 tbsp of lemon zest (get right off lemon)

½ tsp kosher salt or sea salt (2 pack of 26 oz for \$3.48)

***The herbs can be parsley** (\$3.98 for a bottle of leaves 0.2oz), **dill** (0.6oz bottle is \$2.35), **or thyme** (0.65oz bottle for \$4.94) **with Greek lemon rice and Cilantro** (fresh for \$2.39) **and/or mint** (0.2 oz bottle for \$3.98) **is delicious for Thai or Indian lemon rice**

Directions:

- ♥ Rinse and drain the rice. Combine the rice, water, salt, and vegetable oil in a medium saucepan and bring to a boil.
- ♥ 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 becoming dry or sticking, splash in additional water as needed.)
- ♥ 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 your choice of herb.
- ♥ **TO STORE:** Store leftovers in the refrigerator for up to 5 days or freeze for up to 3 months. Let thaw in the refrigerator.



ENJOY!