



### 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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