

Parslied Brown Rice Pilaf

Fresh parsley is pleasantly verdant and pairs wonderfully with zippy lemon zest and nutty brown rice. We opt for brown rice because it is higher in nutrients. Leftovers will keep for 3-5 days.

Prep time: 10 min
Cook time: 40 min
Yield:

Serving size: 4
Calories per serving: 111

Ingredients:

1/2 cup uncooked brown rice
1 1/4 cups water
2 teaspoons olive oil
1/3 cup chopped yellow onion
1/4 cup chopped carrot
2 teaspoons minced garlic
2 tablespoons chopped fresh parsley
2 teaspoons grated lemon peels
1/2 teaspoon salt
1/4 teaspoon pepper



Directions:

1. Rinse rice in a strainer under cold running water for 30 seconds. Place 1/2 cup rice and 1 1/4 cups water in a microwave safe covered bowl without any salt or oil. Cook on high in microwave for 5 minutes. Reduce heat to medium level (50%) and cook for 35 minutes.
2. While rice cooks, heat oil in a large non-stick skillet over medium heat. Add onion and carrot; cook, stirring occasionally, until tender, about 5 minutes.
3. Add garlic; cook until fragrant, about 1 minute. Remove from heat; stir in parsley, lemon peel, 1/2 t salt, and dash pepper
4. Place cooked rice in a large bowl, and fluff with a fork. Add onion mixture, and stir to combine.