

Tropical Citrus Rice

This tangy fruit juice blend offers a delightful new way to enjoy nutrient-rich, whole-grain brown rice.

Ingredients

- 1 T olive oil
- 2 large celery stalks, diced
- 1 small onion, diced
- 1 cup plus 1 T water
- 1/2 cup orange juice
- 2 T lemon juice
- 1 dash hot sauce
- 1 cup long-grain brown rice
- 1/4 cup slivered almonds

Preparation

Heat oil in medium saucepan. Add celery and onions and sauté until tender (about 10 minutes). Add water, juices and hot sauce. Bring to boil. Stir in rice and bring back to boil. Cover and simmer until liquid is absorbed, about 30 to 40 minutes. Stir in almonds. Serve immediately. Use a quick brown rice for convenience.

Yield: 4 servings



Nutrition Facts

Yield 4 servings

Amount Per Serving

Calories 270

Fat 6g

Carbohydrate 47g

Dietary Fiber 5g

Protein 7g

Sodium 52mg

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