

# CILANTRO LIME RICE

## INGREDIENTS

- 1 ½ cups long-grain brown rice or brown basmati rice, rinsed
- 2 ½ cups boiling water
- 1 bay leaf
- ¼ cup chopped fresh cilantro
- 2 tablespoons lime juice (from about 1 lime)\*
- 1 ½ teaspoons lemon juice (from 1 small lemon)
- ½ teaspoon fine sea salt



## DIRECTIONS

- Rinse rice in 2-3 changes of water. In a deep skillet or boiler, dry saute rice over medium heat for 5 minutes stirring constantly to prevent burning. This keeps the rice kernels from getting too fat and mushy. Add water, bay leaf and salt. Boil according to package directions about 30 minutes. When complete add, lemon and lime juice. Allow to cool slightly and add fresh cilantro.

## SAUCES

Both pesto and chimichurri sauce use fresh avocado as the creamy base. It also is used in the place of olive oil as a good whole fat. The full food is safe and causes no damage to the lining of blood vessels, particularly the ones that surround the heart.

