

Asparagus Brown Rice

Ingredients

- 2 tbsp. olive oil
- 1 large onion, chopped
- 2 cloves garlic, finally chopped
- 6 cups cooked or par-cooked long grain rice
- 2 teaspoons lemon zest
- 1 bunch blanched asparagus, cut
- Salt and pepper to taste
- 2 tbsp. dill, finely chopped

Instructions

1. Heat oil in a large skillet over medium heat.
2. Add onions; cook until onions are translucent and soft, but not browned.
3. Add the garlic and cook about 1 minute.
4. Add the asparagus and sauté 2 to 3 minutes.
5. Stir in the rice, lemon zest, season with salt and pepper, and cook for another 4 minutes or so until all ingredients are well incorporated and the rice is heated through.

Remove the rice from the heat, toss in the dill and mix to incorporate as well. Taste and re-season as necessary.

Nutrition Facts

Serving size: 1/2 cup

Servings: 12

Amount per serving

Calories **126**

% Daily Value*

Total Fat 3.9g **5%**

Saturated Fat 0.3g **2%**

Cholesterol 0mg **0%**

Sodium 10mg **0%**

Total Carbohydrate 22g **8%**

Dietary Fiber 2.3g **8%**

Total Sugars 0.9g

Protein 3.2g