

# Dilled Lemony Rice



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**Makes 8 Servings**

## What You Need

*This fragrant rice is a great accompaniment to just about anything!*

1 tbsp olive oil  
4 green onions  
4 cups homemade or canned reduced sodium chicken stock  
2 cups rice, uncooked  
zest of 2 lemons, finely chopped  
juice of 1 lemon  
1/4 cup chopped fresh baby dill  
1/4 tsp pepper  
fresh dill fronds and lemon wedges, for garnish (optional)

**Per  
Serving**

Calories 209  
Carbohydrates 39g  
Protein 6.1g  
Fat 2.8g  
Dietary Fiber 0.7g

## How You Prepare

Heat the olive oil in a saucepan over medium heat, add the green onions and cook until soft, stirring frequently. Add chicken broth and bring the broth to a boil. Add rice and return to a boil. Just as the stock begins to boil, reduce the heat to low. Add the lemon zest, dill and pepper. Gently stir to evenly distribute all the ingredients. Cover the saucepan and cook until fluid is absorbed. Add the lemon juice, gently fluff with a fork, transfer to a serving bowl, garnish with dill and lemon and serve.