



## Brown Rice

### *Serves four*

- 1 cup brown rice
- ½ tsp. garlic powder
- 2 ¼ cups water or chicken stock
- 1 tsp. salt if using water
- ½ TBS butter

Mix the rice with the garlic powder and salt if using. Add the butter and the liquid. Bring to a boil.

Cover your pot and reduce the heat to low. Steam for about 35 minutes – until liquid is gone and rice is cooked through. Fluff with a fork and serve.

Rice with chicken stock - CALORIES 218.13; FAT 4.51 grs (sat 2.37; mono 1.23; poly 0.59); PROTEIN 6.07 grs ; FIBER 1.68 grs; CARBS 36.08 grs; CHOLESTEROL 10.44 mg; IRON 0.72 mg; SODIUM 82.80 mg; CALCIUM 12.05 mg