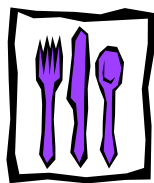
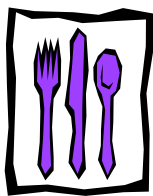


Flavorful Low-Sodium Recipes

By Leighanna Konetski, Community Nutritionist



Parsley Rice with Lemon

Ingredients

- Half a White Onion Finely Chopped
- 1 Tablespoon Olive or Canola Oil
- 1 Cup Basmati Rice
- 1 3/4 Cup Water
- 2 Low-Sodium Chicken Bouillon Cubes
- 1 Tablespoon Lemon Juice
- 2 Tablespoon Finely Chopped Parsley

Method

1. Rinse rice in cold water until water runs clear. Set aside.
2. Heat oil in large deep skillet. Sear onion until browned. Add rice, water, and bouillon cubes.
3. Cover and bring just to a boil on medium high heat. Once boiling, keep covered and reduce heat to simmer for 20-25 minutes, or until water has been dissolved.
4. Once water is dissolved add lemon juice and parsley, stir gently.
5. Fluff rice and serve.

Nutritional information per 1/2 cup serving:
236 Calories, 23mg Sodium, 4g Protein,
46g Carbohydrate, 4g Fat.

**For more recipes or questions please call
the Nutrition Office at 303-297-0408.**



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