



Lemon Dill Rice

4 Servings



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- Ingredients:
- 3 T. fresh dill
 - 2 T. vegetable oil
 - 1/2 c. onion, chopped

- 1 c. uncooked brown rice
 - 1 tsp. salt
 - 1 T. lemon juice
 - 1/4 tsp. black pepper

- Directions:
1. Wash hands with soap and warm water.
 2. Rinse dill by gently moving around in a bowl of cool water. Pat dry with a paper towel, then finely chop.
 3. Chop onion into small pieces.
 4. Heat the vegetable oil in a medium sized pot. Sauté the chopped onion for about a minute.
 5. Add 2 cups water, brown rice, salt, lemon juice, pepper and dill into the pot of sautéed onion and bring to a boil.
 6. Lower heat so the rice mixture is simmering and cover pot with a lid. Cook rice according to directions on the package.
 7. Store leftovers in a sealed container in the refrigerator.

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