

EASY | RECIPE

Picnic Rice

3½ cups cooked
brown rice

1 large **avocado**

⅓ cup **fresh cilantro**,
chopped

2 tbsp **fresh lemon**
or **lime juice**

2 tbsp **minced shallot**

Fresh **ground pepper**,
to taste

Cook rice according to directions; keep warm.
Meanwhile, mash avocado with remaining ingredients. **Fluff** rice and combine with avocado mixture.
Serve warm, or from your picnic cooler.



Makes 4 servings. Per serving:

251 calories | 4.8g protein | 6.7g total fat | 1g sat fat
| 3.8g mono fat | 1.1g poly fat | 44g carbs | 6g fiber | 5mg sodium