

Asparagus Guacamole

Recipe from: [Hello Glow](#)

Makes 4-6 Servings

Ingredients

1 bunch of asparagus (approximately ½ lb)
1 avocado
2 cloves garlic, minced
¼ cup minced cilantro
Juice of 1 lime
Salt, to taste

Optional: diced tomatoes, onions, jalapeno

Directions

1. Steam asparagus for approximately 5 minutes or until tender.
2. Let cool and cut into pieces.
3. Place asparagus, avocado, garlic, cilantro and lime juice in a blender and blend until creamy.
4. Add salt, to taste.

Nutrition Information per Serving: 70 calories, 6g fat, 1g saturated fat, 0mg cholesterol, 240mg sodium, 5g carbs, 3g fiber, 1g protein



Cilantro Lime Brown Rice

Recipe from: [Foodie Fit Finds](#)

Makes 8 Servings

Ingredients

2 cups brown rice, uncooked
4 cups water or chicken stock
Juice of 1 lime
½ cup fresh cilantro, chopped, unpacked
1 tsp sea salt
1 tsp garlic, minced

Directions

1. Over medium-high heat, bring brown rice and water to a boil. Reduce heat to low, cover and simmer for 30-40 minutes or until all of the water has evaporated.
2. Transfer rice to a bowl and let cool for about 30 minutes.
3. Once rice has cooled some, add lime juice, chopped cilantro, garlic and salt and stir to combine.
4. Best served warm.

Nutrition Information per Serving: 170 calories, 1.5g fat, 0g saturated fat, 0mg cholesterol, 300mg sodium, 36g carbs, 3g fiber, 4g protein

