**Culinary Corner**

**Cilantro Lime Rice**

**Ingredients**
- 1 cup brown rice, uncooked (not instant)
- Juice from 1 lime
- 1 tsp sea salt
- 1 tsp minced garlic
- 1 tsp extra virgin olive oil
- ½ cup chopped fresh cilantro

**Directions**
1. Follow the directions on the package of rice for cooking 1 cup of it.
2. Allow rice to cool slightly after cooking is completed.
3. In a small bowl, combine lime juice, minced garlic, oil, and sea salt. Mix gently. Add to rice and stir until combined.
4. Lastly, add in fresh chopped cilantro and stir to mix evenly.

---

**Drilled Chicken Veggie Bowls**

**Ingredients**
- 4 cups/32 ounces roasted asparagus, chopped
- 4 cups/32 ounces roasted Red Bell Peppers
- 32 ounces prepared Grilled Taco Lime Chicken, cubed
- 16 oz (2 cups) cooked Quinoa
- 16 oz (2 cups) cooked Brown Rice
- Optional (would replace any of the vegetables above)
- 4 cups haricot Verts
- 4 cups roasted, Brussel Sprouts
- 4 cups charred Corn
- 4 cups Broccoli
- 4 cups Cauliflower
- 4 cups Green Beans

**Directions**
To prepare your bowls, use tupperware (of your choice). Containers for all 8 of our bowls. Place 1/4 cup brown rice and 1/4 cup quinoa into each container. Top with a total of 1 1/2 cups of your cooked vegetables. Mix up the type of vegetables for each bowl so you have a variety each day. Add 4 ounces or 1/2 cup of your cubed chicken. We added salsa or hot sauce to season to our liking after we reheated the bowl in the microwave. A low fat dressing would work as well. Store these in the refrigerator and when you are ready microwave until heated through. **Note:** To roast vegetables, place them onto a large baking sheet, drizzle lightly with olive oil, and season with kosher salt and pepper. Cook in oven at 375 degrees until fork tender. Time will vary depending on vegetable.