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Prevent and Protect
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BROWN RICE WITH SESAME

COOKING LIGHT – APRIL 2012

- 1 cup uncooked instant brown rice**
- 2 tablespoons fresh lime juice**
- ¼ teaspoon salt**
- 1 tablespoon toasted sesame seeds**

- **Cook rice according to package direction, omitting fat.**
- **Stir in juice and salt.**
- **Sprinkle with seeds.**