

# BROWN RICE

## 3-ways



### **Bean and Rice Avocado Burrito**

**1**

Whole Wheat Tortilla  
Pinto Beans  
Avocado  
Brown Rice  
Colby Jack Cheese

### **Teriyaki Tofu Bowl**

**2**

Teriyaki Sauce  
Brown Rice  
Tofu  
Broccoli  
Sesame Seeds (optional)



### **Cilantro Lime Brown Rice**

**3**

Brown Rice  
Fresh Limes  
Garlic  
Cilantro  
Salt and Pepper

