

REFRESHING RICE SALAD

Prep Time: 30 minutes

**No cook time needed*

Included in Box:

- 1 c. brown rice, cooked and chilled
- ½ c. canned low sodium diced tomatoes

Additional Ingredients Needed:

- 1 medium cucumber, peeled and diced
- 2 T oil (preferably olive oil)
- 1 T lemon juice
- 2 tsp dried parsley
- 1 tsp garlic powder

Directions:

1. Combine oil, lemon juice, garlic powder and dried parsley in a small bowl and whisk together.
2. Add brown rice, diced tomatoes and cucumber to a bowl. Pour oil mixture over ingredients; mix to combine.
3. Cover and store in refrigerator for 20 minutes before serving.

Tip: Add spinach or mixed greens, red onion or bell pepper for extra crunch and nutritional punch!



Nutrition Facts*

Total Servings: 2
Serving Size: 1 c.
Calories: 264.5 kcal
Fat: 15 g
Sodium: 14 mg
Carbohydrates: 30 g
Fiber: 3.8 g
Protein: 3.8 g
Carbohydrate Servings: 2

**Nutrient facts include medium grain brown rice (cooked), canned no salt added diced tomatoes, fresh medium cucumber without skin, extra virgin olive oil, fresh lemon juice, and seasonings.*