

Brown Rice Tabbouleh

From the United States Department of Agriculture

<https://whatscooking.fns.usda.gov/recipes/myplate-cnpp/brown-rice-tabbouleh>

Ingredients

3 cups cooked brown rice
3/4 cup chopped cucumber
3/4 cup chopped tomato
1/2 cup chopped fresh parsley
1/4 cup chopped fresh mint leaves
1/4 cup sliced green onions
1/4 cup olive oil
1/4 cup lemon juice
1/2 teaspoon salt
1/4 teaspoon freshly ground black pepper

Directions

1. Combine rice, cucumber, tomato, parsley, mint, green onions, olive oil, lemon juice, salt and pepper in large bowl.
2. Toss well and chill.

Makes 6 servings.

Nutritional Information

Calories: 200	Dietary Fiber: 5 g
Total Fat: 10 g	Sodium: 200 mg
Saturated Fat: 2 g	Protein: 3 g
Cholesterol: 23 mg	Carbohydrates: 26 g



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