

FIESTA RICE SALAD

USDA SNAP-Ed Recipe Finder

<http://recipefinder.nal.usda.gov/>

& Connecticut Food Policy Council

<http://www.foodpc.state.ct.us/cookbook%20x1a-rev1%2012-30-07.pdf>

Ingredients

- 1 cup brown rice, cooked
- 1 carrot, shredded
- 1 cup broccoli, chopped fine
- 1 small red onion, chopped
- 1 cup tomato, chopped
- 1 sweet bell pepper (green, red, yellow)
- 1 can (15oz) kidney beans, drained, rinsed
- 2 Tbsp. cilantro (or other fresh herbs), chopped fine
- 2-3 Tbsp. red wine vinegar (or white or cider)
- 1 Tbsp. vegetable oil
- salt and pepper, to taste

Instructions

- Wash and chop vegetables and mix with cooked rice.
- In a small bowl, add vinegar, oil, dill, salt and pepper. (Or use your favorite dressing.) Pour over rice mixture.
- Add beans and toss well. Serve cold and enjoy!

Makes 4 servings. Serving Size: 1 1/4 cup

Tips

- Use your favorite vegetables- zucchini, summer squash, corn, greens, kohlrabi, cabbage or string beans. Use frozen or canned when fresh is unavailable. Grate, chop, cut into small thin strips for different shapes.
- Be creative! Try different vinegars -- cider, red or white wine, balsamic, rice or white – or flavored vinegars.
- Use low calorie salad dressing and leave out the vinegar and oil.
- Try a squeeze of lemon or lime juice in place of vinegar!
- Try different fresh herbs- cilantro, dill, basil, chives, tarragon, oregano, rosemary or mint to name a few. Or use dried herbs – but use less.

Cost

Per Recipe: \$ 3.19

Per Serving: \$ 0.80



Wellness Center

Nutritional information per serving (4 servings)

Calories: 270

Calories from fat: 40

Total fat: 4.5g

Saturated fat: 0g

Trans fat: 0g

Cholesterol: 0mg

Sodium: 25mg

Total carbohydrate: 48g

Dietary fiber: 14g

Sugars: 8g

Protein: 11g

Vitamin A: 60%

Vitamin C: 90%

Calcium: 4%

Iron: 4%

Percent Daily Values are based on a 2,000 calorie diet.

