

RICE SALAD

Tomato Basil Cucumber & Feta



Ingredients:

- * 1 ½ cup long grain brown rice, cooked
- * 1 cucumber, de-seeded, diced
- * 2 large tomatoes, cubed
- * 8 oz. feta cheese, reduced- fat, cubed
- * ¼ cup fresh basil, chopped
- * ¼ cup fresh parsley, chopped

Dressing:

- * 2 tbsp extra virgin olive oil
- * Juice from 1 lemon
- * 2 tbsp brown rice vinegar
- * 1/8 tsp black pepper

Directions:

Makes 8 servings.

Start by cooking the rice. While rice is cooking, prepare the dressing by whisking the ingredients together, adding olive oil last, set aside. Once the rice is cooked, rinse under cold water and transfer to a large bowl. Add cucumber, tomatoes, feta, basil and parsley. Pour dressing over mixture, combine well. Chill for 1 hour prior to serving for best taste.

Nutrition Facts

Serving Size 1
Calories 229

Amount Per Serving	% Daily Values*	Amount Per Serving	% Daily Values*
Total Fat 8g	12%	Total Carbohydrate 32g	11%
Saturated Fat 3g	15%	Dietary Fiber 4g	16%
Trans Fat 0g		Sugars 2g	
Cholesterol 8mg	3%	Protein 9g	18%
Sodium 394mg	16%		
Vitamin C 14%	• Calcium 9%	Vitamin K 14%	•

*Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.

	Calories	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2400mg	2400mg
Total Carbs		300g	375g
Dietary Fiber		25g	30g

Did you know? Brown rice still contains the hull and bran which provide natural wholeness, making it rich in protein, thiamin, calcium, fiber and potassium!

Recipe adapted from: <http://simplyfreshcooking.com/2012/06/tomato-basil-cucumber-salad-with-feta-cheese-and-brown-rice/>

RICE SALAD

Lemon Vegetable



Ingredients:

- * 4 cups long grain brown rice, cooked
- * 1 cup carrots, shredded
- * 1 cup cucumber, seedless, diced
- * 1 cup radishes, thinly sliced
- * 1/2 cup onion, chopped
- * 1/2 cup celery, thinly sliced
- * 1/4 cup fresh parsley, chopped
- * 2 tbsp fresh thyme leaves
- * 1/8 tsp black pepper

Dressing:

- * 2 tbsp extra virgin olive oil
- * 3 tbsp lemon juice
- * 1 tbsp Dijon mustard
- * 1 clove garlic, minced
- * Salt & pepper to taste

Directions:

Makes 8 servings.

Start by cooking the rice. While rice is cooking, prepare the dressing by whisking the ingredients together, set aside. Once the rice is cooked, rinse under cold water and transfer to a large bowl. Add carrots, cucumber, radishes, onion, celery, parsley and thyme. Pour the dressing over mixture, tossing to combine well. Serve at room temperature or cold.

Nutrition Facts

Serving Size 1
Calories 156

Amount Per Serving	% Daily Values*	Amount Per Serving	% Daily Values*
Total Fat 4g	6%	Total Carbohydrate 26g	9%
Saturated Fat 1g	5%	Dietary Fiber 2g	8%
Trans Fat 0g		Sugars 2g	
Cholesterol 0mg	0%	Protein 3g	6%
Sodium 67mg	3%		
Vitamin C 14%	•	Niacin 8%	•
		Vitamin B6 10%	

*Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.

	Calories	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2400mg	2400mg
Total Carbs		300g	375g
Dietary Fiber		25g	30g

Did you know? Radishes naturally cool your body temperature, help sooth sore throats, aid in digestion, prevent colds and keep you hydrated!

Recipe adapted from: <http://www.themom100.com/recipe/vegetable-and-brown-rice-salad-with-honey-lemon-dressing/#sthash.i62jD2nI.qjtu>