

Rice Salad

Makes: 6 Servings

Ingredients

2 cups cooked brown rice

1/2 cup frozen green peas, cooked

1 cup diced celery

1/2 cup diced bell peppers

1/4 cup raisins

2 tablespoons mayonnaise

2 tablespoons French dressing

1/2 teaspoon salt (optional)

Directions

1. Mix rice, vegetables, and raisins in a medium sized bowl.
2. Mix mayonnaise, dressing and salt in a small bowl. Stir into rice/vegetable mixture.
3. Refrigerate leftovers.

Source: Colorado State University and University of California at L

Nutrition Information

Nutrients	Amount
Calories	174
Total Fat	8 g
Saturated Fat	1 g
Cholesterol	2 mg
Sodium	119 mg
Total Carbohydrate	24 g
Dietary Fiber	3 g
Total Sugars	6 g
Added Sugars included	1 g
Protein	3 g
Vitamin D	0 IU
Calcium	23 mg
Iron	1 mg
Potassium	159 mg

N/A - data is not available

MyPlate Food Groups

 Vegetables	1/4 cup
 Grains	1/2 ounce