

Fiesta Rice Salad

This cool and refreshing salad is a great way to use leftover rice and turn it into dinner on a hot summer night.

Makes: 4 servings

Prep Time: 20 minutes

Source: www.myplate.gov

Ingredients

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

Directions

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



Small Changes,
BIG Difference!

Click image to watch the recipe video
or visit snapedny.org



Nutrition Information

Serving Size: 1 cup	
Nutrients	Amount
Calories:	210
Total Fat:	4g
Saturated Fat:	1g
Cholesterol:	0mg
Sodium:	26 mg
Total Carbohydrates:	35g
Dietary Fiber:	9g
Total Sugars:	4g
Added Sugars:	0g
Protein	9g

Utensils Needed

- Small bowl
- Sharp knife
- Cutting board
- Can opener
- Measuring spoons
- Measuring cup
- Wooden spoon

SHOPPING LIST

Average total cost without oil and seasonings: \$9.06

Average cost/serving: \$2.27

Recipe Makes: 4 Servings

Note: The below list of ingredients is a suggestion. Similar ingredients may be purchased based on preference, diet restrictions, budget and location.

Ingredients



Add 1 to Cart
Brown rice



Add 1 to Cart
Carrots, 1 lb bag



Add 1 to Cart
Broccoli



Add 1 to Cart
Red onion



Add 1 to Cart
Tomato



Add 1 to Cart
Bell pepper



Add 1 to Cart
14.5 oz kidney beans



Add 1 to Cart
Cilantro

SAVE TIME, SAVE MONEY

My Cooking Notes

Chef's Notes

- 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.
- 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.

