

Rainbow Rice Salad

Flavorful and beautiful, this colorful rice salad works well as a side for your favorite protein dish.

Makes: 6 Servings
 Prep Time: 20 minutes
 Cook Time: 45 minutes (for brown rice)

Source: MyPlate Super Simple Cookbook

Ingredients

- 3 cups cooked brown rice
- 1 cucumber, seeded and diced
- 1 red bell pepper, diced
- 1 yellow bell pepper, diced
- 1 orange bell pepper, diced
- 1/2 avocado, diced
- 3 green onions, chopped
- 1/3 cup low sodium soy sauce
- 1 Tbsp. sugar
- 1 Tbsp. olive oil

Directions

1. In a large bowl, mix rice, cucumber, bell peppers, avocado, and green onions.
2. In a small bowl, whisk together soy sauce, sugar and olive oil.
3. Add dressing to salad and toss together.



Small Changes,
BIG Difference!



Nutrition Information

Serving Size: 1/6 of recipe	
Nutrients	Amount
Calories:	220
Total Fat:	5g
Saturated Fat:	1g
Cholesterol:	0mg
Sodium:	584mg
Total Carbohydrates:	33g
Dietary Fiber:	4g
Total Sugars:	6g
Added Sugars:	2g
Protein	5g

Utensils Needed

- Sharp knife
- Cutting board
- Large bowl
- Fork or whisk
- Mixing spoon
- Measuring spoons
- Measuring cups
- Small bowl

SHOPPING LIST

Average total cost without oil and seasonings: \$9.78

Average cost/serving: \$1.63

Makes: 6 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
Cucumber



Add 1 to Cart
Red bell pepper



Add 1 to Cart
Orange bell pepper



Add 1 to Cart
Yellow bell pepper



Add 1 to Cart
Avocado



Add 1 to Cart
Green onions



Add 1 to Cart
Soy sauce, low-sodium

SAVE TIME, SAVE MONEY

My Cooking Notes

Chefs Notes

- Be sure to cook brown rice for the entire cook time listed on the package. Consider making extra and refrigerating or freezing it to avoid the long cook time again that week.
- Avocado not quite ripe? Place unripe avocados in a brown paper bag with an apple or banana for two to three days until ripe.
- Try adding tomatoes or other veggies of your choice to add more color and flavor to this recipe.