



Make Half Your Grains Whole



EFNEP

Expanded Food and Nutrition Education Program

Rice Salad

Makes: 6 (1/2 cup) servings
Preparation Time: 10 minutes

Ingredients

- 2 cups cooked brown rice, chilled
- 1/2 cup cooked green peas
- 1/2 cup diced celery
- 1/2 cup sliced bell peppers
- 1/4 cup raisins
- 2 tablespoons mayonnaise
- 2 tablespoons French dressing
- 1/2 teaspoon salt

Directions

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

Be Creative!
Add any fresh, frozen, or canned vegetables to the salad.

Eat Smart: Vary Your Veggies!

Nutrition Facts	
Serving Size 1/2 Cup (113g)	
Servings Per Container 6	
Amount Per Serving	
Calories 160	Calories from Fat 60
% Daily Value*	
Total Fat 7g	11%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 280mg	12%
Total Carbohydrate 24g	8%
Dietary Fiber 3g	12%
Sugars 2g	
Protein 3g	

