

Broccoli Rice Salad

Salad of the Month April -2014



Prep Time: 20 Min

Start to Finish: 35 Min

Makes: 8 (3/4-cup) servings

INGREDIENTS

- 1 1/2 cups brown rice
- 3 cups water
- 1 tablespoon butter or margarine
- 1 package (9 oz) frozen broccoli cuts
- 1 can (19 oz) chick peas (garbanzo beans), drained
- 1 large green bell pepper, chopped
- 2 tablespoons chopped fresh chives
- 1/2 teaspoon grated lemon peel
- 1/2 teaspoon salt
- 2 tablespoons canola oil
- 2 tablespoons lemon juice

DIRECTIONS

1. Cook brown rice in water 45 minutes or until water is absorbed and rice is cooked; stir in butter. Cool 15 minutes.
2. Meanwhile, cook broccoli as directed on package. Drain; cool 15 minutes.
3. In large bowl, combine cooked rice, cooked broccoli and all remaining ingredients; mix well. Serve immediately, or cover and refrigerate until serving time.

Recipe Provides: Fats & Oils 1tsp, Grains 1oz-equivalents, Meat & Beans 1oz-equivalents, Vegetables 1/2c

NUTRITION INFORMATION PER SERVING

Serving Size:	3/4 cup	Calories:	270	Calories from Fat:	70
Total Fat:	7 g	Saturated Fat:	1 1/2 g	Trans fat :	0 g
Cholesterol:	0 mg	Sodium:	180 mg	Total Carbohydrate:	43 g
Dietary Fiber:	7 g	Sugars:	2 g	Protein:	8 g



This recipe is adapted from WWW.eatbetterearly.com