



EATING SMART
BEING ACTIVE

Rice Salad

Makes: 4 servings (½ cup per serving)

Preparation Time: 10 minutes

Ingredients

- 2 tablespoons mayonnaise
- 2 tablespoons French dressing
- ½ teaspoon salt
- 2 cups cooked brown rice, chilled*
- ½ cup frozen green peas, thawed
- ½ cup diced celery
- ½ green pepper, diced
- ¼ cup raisins

Directions

1. Wash all fresh vegetables.
2. Collect, dice, and measure all ingredients before starting to prepare the recipe.
3. Mix mayonnaise, French dressing, and salt in a large bowl. Add chilled rice, peas, celery, green pepper, and raisins. Mix well.
4. Cover and refrigerate for one hour. Serve cold.
5. Refrigerate leftovers within 2 hours. Eat within 3 to 5 days.

Be creative! Add any washed fresh, frozen (thaw first), or canned vegetables to the salad.

* Cook rice according to package directions. The package will indicate how much uncooked rice is needed to make 2 cups of cooked rice.

Nutrition Facts	
4 servings per container	
Serving size	1/2 Cup (177g)
Amount Per Serving	
Calories	250
	% Daily Value*
Total Fat 10g	13%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol < 5mg	1%
Sodium 440mg	19%
Total Carbohydrate 28g	10%
Dietary Fiber 3g	11%
Total Sugars 13g	
Includes 0g Added Sugars	0%
Protein 4g	8%
Vitamin D 0mcg	0%
Calcium 30mg	2%
Iron 2mg	10%
Potassium 321mg	6%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



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Make Half Your Grains Whole