

Fiesta Rice Salad

Yield 4 servings

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)

Instructions

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!

Cost

Per recipe: \$3.20

Per serving: \$0.80

Source

Connecticut Food Policy Council, [Farm Fresh Summertime Recipes](#)

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.

Use low calorie salad dressing and leave out the vinegar and oil.

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.

Nutrition Facts	
Serving Size 1 1/4 cup (363g)	
Servings Per Container 4	
Amount Per Serving	
Calories 270	Calories from Fat 40
% Daily Value*	
Total Fat 4.5g	7%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 25mg	1%
Total Carbohydrate 48g	16%
Dietary Fiber 14g	56%
Sugars 9g	
Protein 11g	
Vitamin A 60%	• Vitamin C 100%
Calcium 4%	• Iron 6%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	