



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 hands with soap and water.
2. Wash all fresh vegetables under cold running water.
3. Collect, dice, and measure all ingredients before starting to prepare the recipe.
4. Mix mayonnaise, French dressing, and salt in a large bowl. Add chilled rice, peas, celery, green pepper, and raisins. Mix well.
5. Serve immediately. It tastes even better when refrigerated for at least an hour.
6. 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	
<b>Calories</b>	<b>250</b>
% 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 0mg	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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