

Brown Rice Citrus Salad

This salad is an excellent source of heart-healthy fats and immunity-boosting vitamin C.

Serves 6



Ingredients

- Juice from 1 orange (about ¼ cup)
- ¼ cup olive oil
- 2 tablespoons apple cider vinegar
- ½ teaspoon coarse salt
- Fresh ground pepper to taste
- 4 cups cooked brown rice, cooled to room temperature
- ½ cup slivered almonds
- ½ cup minced red onion
- 2 cups peeled chopped oranges (3-4 oranges) or 2 cups canned mandarin oranges, drained
- ¼ cup fresh mint or basil, finely chopped (optional)

Nutrition Facts

Serving Size (225g)
Servings Per Recipe 6

Amount Per Serving

Calories 260 Calories from Fat 100

% Daily Value*

Total Fat 11g **17%**

 Saturated Fat 1.5g **8%**

 Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 75mg **3%**

Total Carbohydrate 37g **12%**

 Dietary Fiber 5g **20%**

 Sugars 10g

Protein 5g

Vitamin A 4% • Vitamin C 90%

Calcium 6% • 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:

		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

Directions

1. Whisk together juice, olive oil, vinegar, salt and pepper in a large salad bowl.
2. Add brown rice, almonds, red onion, and oranges, and stir to combine.
3. Garnish with fresh herbs if using.

Please note: nutritional values are approximate.

