

BROWN RICE SALAD



Serves 4

Serving Size: 1½ cups

Prep Time: 15 minutes

Total Time: 15 minutes

Ingredients

Salad

- 1 avocado, cubed
- 2 cups cooked brown rice, chilled
- 1 orange, cut in small pieces
- 1 can black beans, rinsed and drained
- 1 green onion, thinly sliced
- 2–3 tablespoons herb (parsley, mint, cilantro, basil) (optional)

Dressing

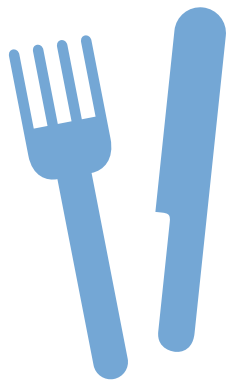
- Juice from 1 lime or lemon (approximately 2 tablespoons)
- 2 tablespoons olive oil
- Salt and pepper to taste

Directions

1. Combine avocado, brown rice, orange pieces, black beans, and onion in a large bowl.
2. Combine juice, olive oil and salt and pepper in a small bowl. Whisk to combine.
3. Pour dressing over salad and stir to coat.
4. Add herbs into large bowl with other ingredients and stir to combine.
5. Can be kept refrigerated for several days.

Nutrition information Per Serving

337 calories		Protein	10 g	<i>Based on 1/2 teaspoon</i>
Carbohydrates	48 g	Fat	13 g	<i>salt and 1/2 teaspoon</i>
Fiber	12 g	Sodium	155 mg	<i>pepper</i>



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