



A Nutrition Resource

RICE SALAD

Yield: 6 Servings | Serving Size: 1/2 cup
Cost/Serving: \$0.35

Ingredients:

- 2 Tablespoons mayonnaise
- 2 Tablespoons French dressing
- 1/2 teaspoon salt
- 2 cups cooked brown rice, chilled*
- 1/2 cup frozen green peas, thawed
- 1/2 cup diced celery
- 1/2 green pepper, diced
- 1/4 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.



This recipe and photo are used with the permission of Colorado State University Extension's Eating Smart Being Active program.

Buy Eat Live Better Nutrition Education Program | www.montana.edu/extension/buyeatlivebetter



Find us on Pinterest
pinterest.com/buyeatlive



Find us on Facebook
facebook.com/buyeatlivebetter

This institution is an equal opportunity provider.

This material was funded by USDA's Supplemental Nutrition Assistance Program – SNAP. The Supplemental Nutrition Assistance Program (SNAP) provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, contact the Montana Public Assistance Helpline at 1-888-706-1535 or www.apply.mt.gov. Montana State University Extension is an ADA/EO/AA/Veteran's Preference Employer and Provider of Educational Outreach.



MONTANA
STATE UNIVERSITY

EXTENSION