



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.



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This Institution is an equal opportunity provider. This material was funded by USDA's Supplemental Nutrition Assistance Program - SNAP. This work is supported by the Expanded Food and Nutrition Education Program (EFNEP) from the USDA National Institute of Food and Agriculture. USDA is an equal opportunity provider, employer, and lender. Montana State University Extension is an ADA/EO/AA/Veteran's Preference Employer and Provider of Educational Outreach.



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