Orange Rice Salad

This recipe is a good source of fiber, which may help protect you against some diseases.

Ingredients:

2 cups cooked, cooled brown rice
1/2 cup celery, washed and diced
3/4 cup raisins or other dried fruit
1/4 cup chopped nuts
2 tablespoons vegetable oil
1 tablespoon orange juice or vinegar
1/4 cup parsley, chopped or 1 teaspoon dried parsley
3 green onions, washed and thinly sliced
1 can (11 ounces) mandarin oranges with juice
salt and pepper to taste

Directions:

1. Mix all ingredients together in medium-sized bowl.
2. Chill for an hour to allow flavors to blend.
3. Serve with bread or toast.
4. Refrigerate leftovers within 2-3 hours.

Bright Ideas: Try adding 2/3 cup diced green peppers or other crunchy vegetables.

Nutrition Facts

Serving Size 2/3 cup (140g)
Servings Per Container 7

Amount Per Serving

Calories 200	Calories from Fat 60
	% Daily Value*
Total Fat 7g	**11%**
Saturated Fat 1g	**5%**
Trans Fat 0g	
Cholesterol 0mg	**0%**
Sodium 15mg	**1%**
Total Carbohydrate 32g	**11%**
Dietary Fiber 3g	**12%**
Sugars 17g	
Protein 3g	

Vitamin A 10% • Vitamin C 30%
Calcium 4% • 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:

	Calories	2,000	2,500
Total Fat	Less Than	65g	80g
Saturated Fat	Less Than	20g	25g
Cholesterol	Less Than	300mg	300 mg
Sodium	Less Than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

7 servings, 2/3 cup each

Source: Modified. Marjorie Braker, OSU Extension, Clackamas County. For more recipes and other resources on eating well for less, see our web site at http://www.healthyrecipes.oregonstate.edu

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