

Rice Salad with Tomatoes and Cucumbers

Servings: 4

Serving Size: 1 cup

Ingredients:

- 2 cups brown rice, cooked
- 1 medium cucumber, chopped
- 3 medium tomatoes, seeded and diced
- ¼ cup onion, chopped
- ½ cup low-fat Italian salad dressing
- 1 teaspoon dried dill (optional)

Directions:

1. Cook brown rice according to package directions, then put into a bowl.
2. Wash cucumber and tomatoes.
3. Cut cucumber into quarters and then into bite size pieces. Add to brown rice.
4. Cut tomatoes into quarters and scoop out seeds with a spoon or your hand. Dice into medium size pieces. Add to the bowl.
5. Peel and chop onion, add to the bowl.
6. Add salad dressing and dried dill if using. Toss until all ingredients are coated with dressing.
7. Chill and serve.

For variety try adding different vegetables like peppers or zucchini. Use whole wheat couscous or barley instead of the brown rice. Try balsamic dressing instead of Italian dressing.

| Nutrition Facts | |
|--|-----------------------------|
| Serving Size 1 cup | |
| Servings Per Container 4 | |
| Amount Per Serving | |
| Calories 170 | Calories from Fat 30 |
| % Daily Value* | |
| Total Fat 3g | 5% |
| Saturated Fat 0g | 0% |
| Trans Fat 0g | |
| Cholesterol 0mg | 0% |
| Sodium 430mg | 18% |
| Total Carbohydrate 31g | 10% |
| Dietary Fiber 4g | 16% |
| Sugars 7g | |
| Protein 4g | |
| Vitamin A 20% | 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 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 | |