



## October 26- Fiesta Rice Salad

Not Smart Snack

Link: <http://www.whatscooking.fns.usda.gov/recipes/supplemental-nutrition-assistance-program-snap/fiesta-rice-salad>

### Recipe

#### Ingredients:

- 1 cup brown rice (cooked)
- 1 carrot (shredded)
- 1 cup broccoli (chopped fine)
- 1 red onion (small, chopped)
- 1 cup tomato (chopped)
- 1 bell pepper (sweet, green, red, yellow)
- 1 can kidney beans (15oz, drained, rinsed)
- 2 tablespoons cilantro (or other fresh herbs) (chopped fine)
- 2 tablespoons red wine vinegar (or white or cider)
- 1 tablespoon vegetable oil
- Salt and pepper (to taste, optional)

#### Directions:

1. Wash and chop vegetables and mix with cooked rice.
2. In a small bowl, add vinegar, oil, dill, salt and pepper. (Or use your favorite dressing.) Pour over rice mixture.
3. Add beans and toss well. Serve cold and enjoy!

Yield 4 servings

Nutrition Facts	
Serving Size 1/4 recipe (306.69g)	
Servings Per Container 4	
Amount Per Serving	
<b>Calories</b> 220	Calories from Fat 45
%	
Total Fat 4.5g 7%	
Saturated Fat 0.5g 3%	
Trans Fat 0g	
Cholesterol 0mg 0%	
Sodium 340mg 14%	
Total Carbohydrate 35g 12%	
Dietary Fiber 9g 36%	
Sugars 6g	
Protein 9g 17%	
Vitamin A 60%	Vitamin C 90%
Calcium 8%	Iron 10%
* Percent Daily Values are based on a 2,000 calorie diet.	