Colorful Rice Salad

Ingredients:

Dressing:
- 1/3 cup fresh lemon juice
- 1 tablespoon thawed orange juice concentrate
- 1 1/2 teaspoon olive oil
- 1/2 teaspoon salt
- 1/4 teaspoon black pepper
- 4 cloves garlic, crushed
- 1/2 teaspoon curry spice

Salad:
- 2 cups cooked brown rice
- 1 cup raisins
- 1 cup frozen green peas, thawed
- 1/2 cup frozen corn, thawed
- 1/2 cup thinly sliced green onions
- 1 15.5 ounce can garbanzo beans, rinsed & drained
- 1/2 cup green pepper, diced
- 1/2 cup celery, chopped
- 1/2 cup carrots, shredded

Optional additions:
- 1/2 cup unsalted peanuts or sliced almonds
- 1 cup grapes, chopped
- 1 cup apple, shredded
- 1/4 cup low-fat cheese, shredded
- 1/2 cup basil, chopped

Directions:
1. Combine all salad ingredients in a large mixing bowl.
2. Combine all dressing ingredients in a jar. Cover tightly and shake until well blended.
3. Pour dressing over salad mixture and toss well to coat. Cover and chill for 1 hour.

Yields about 6 servings

Source: Recipe modified by CUCE-Tioga County from
http://www.southernfood.about.com/od/ricesalads/r/bln535.htm

Nutrition Facts

Recipe analyzed using The Food Processor® Nutrition Analysis Software from ESHA Research, Salem, Oregon.