Crunchy Rice Salad

Ingredients:

Salad Ingredients
3 cups cooked brown rice, cooled
2 stalks celery, chopped
2 green onions, chopped
1 clove garlic, minced
1 Tbl peanuts, chopped

Dressing Ingredients
1/2 cup plain lowfat yogurt
1/4 cup light mayonnaise
1 tsp. lemon juice
1/2 tsp. curry powder
1/8 tsp. black pepper
1 tsp. sugar

Directions:
2. In a small separate bowl, mix together dressing ingredients. Refrigerate, then add to rice mixture just before serving.

Yields about 6 servings.

Source: Recipe from Broome County CCE

Nutrition Facts

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

In accordance with Federal law and U.S. Department of Agriculture policy, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age, religion, political beliefs or disabilities. This material was funded by Expanded Food and Nutrition Education Program.

Cornell Cooperative Extension provides equal program and employment opportunities.