Rice Salad  
Makes 6 – ½ cup servings

Ingredients:

- 2 cups cooked brown rice, chilled
- ½ cup cooked green peas
- ½ cup diced celery
- ½ cup diced bell peppers
- ¼ cup raisins
- 2 tablespoons mayonnaise
- 2 tablespoons French dressing
- ½ teaspoon salt

Directions:

1. Mix rice, peas, celery, peppers, and raisins in a medium size bowl.
2. Mix mayonnaise, dressing and salt in a small bowl. Stir into rice/vegetable mixture.
3. Refrigerate leftovers.

Source: Eating Smart Being Active curriculum Colorado State University and University of California Extension

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

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