Rice Salad

Ingredients:
- 2 cups cooked brown rice, chilled
- ½ cup cooked green peas
- ½ cup diced celery
- ½ cup sliced sweet green bell pepper
- ¼ cup raisins
- 2 Tablespoons light mayonnaise
- 2 Tablespoons reduced-fat French dressing
- ½ teaspoon salt

Directions:
1. Mix rice, peas, celery, sweet green pepper, and raisins in a medium size bowl.
2. Mix mayonnaise, dressing and salt in a small bowl.
3. Stir into rice/vegetable mixture.
4. Refrigerate leftovers.

Yields about 6 servings

Source: Adapted from Eating Smart, Being Active, California EFNEP and Colorado EFNEP

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

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