



# BROWN RICE TABBOULEH

## QUICK INFORMATION

TIME



45 MINS

SERVES



8

CALORIES



270

GLUTEN FREE



RECIPE

VEGAN



RECIPE

## INGREDIENTS

- 2 cups of Lundberg Short Grain Brown Rice
- ½ cup dried apricots, chopped
- ½ cup slivered almonds, toasted
- 3 Tbsp. olive oil
- 3 Tbsp. fresh lime juice (Pantry Friendly: 1/4 cup bottled lime juice)
- 1 cup chopped parsley
- 1 cup chopped cilantro
- ½ cup chopped mint
- ½ cup chopped green onions
- 2 cups cherry tomatoes, halved
- Salt & fresh-ground pepper

## NUTRITIONAL FACTS

Serving Size: 1 cup

### AMOUNT PER SERVING

**Calories** 270      Calories from Fat

**Total Fat** 10g  
Saturated Fat 1.5g

**Cholesterol** 0mg

**Sodium** 20mg

**Total Carbohydrates** 45g  
Fiber 5g  
Sugar 7g

**Protein** 5g

## PREPARATION

Cook Lundberg Short Grain Brown Rice according to package directions.

In a large bowl, whisk the oil and lime juice. Add all ingredients including the warm rice to the dressing. Toss well. Season to taste with salt & pepper. Serve warm or cold.