



COUNTRYWILD SUMMER SALAD

QUICK INFORMATION

TIME

30 MINS

SERVES

5

CALORIES

195

INGREDIENTS

- 1 cup Lundberg Family Farms Countrywild® Rice, cooked according to package directions, cooled
- 2 green onions, chopped
- 1 cup fresh, cooked, cleaned small shrimp
- 1 tsp. grated ginger or ¼ tsp. powdered ginger
- ½ tbsp. fresh lemon juice
- Zest of 1 lemon
- ½ tsp. salt
- ½ cup nonfat yogurt
- 1 small jar chopped pimento
- 1 tsp. toasted sesame seeds
- 1 tbsp. sesame oil (optional)

PREPARATION

Combine cooked, cooled rice with all ingredients. Toss lightly. Chill. Serve on a bed of lettuce and garnish with sesame seeds.

NUTRITIONAL FACTS	
Serving Size: 1 cup	
AMOUNT PER SERVING	
Calories 195	Calories from Fat
Total Fat 2g	
Cholesterol 45mg	
Sodium 279mg	
Dietary Fiber 2g	
Protein 11g	