



JULY JUBILEE® RICE SALAD


QUICK INFORMATION

TIME

30 MINS

SERVES

6

CALORIES

214

INGREDIENTS

- 1 cup Lundberg Jubilee® Rice, cooked according to package directions, cooled
- ¼ cup bottled low fat Italian vinaigrette (or 3 tbsp. olive oil and 2 tbsp. wine vinegar)
- ½ cup parsley, minced
- 1 large tomato, seeded and diced
- 2 stalks celery, diced
- 1 tbsp. fresh basil, chopped
- Salt and pepper to taste
- 4-6 green onions, minced
- 4 oz. cheddar cheese, cut into small cubes
- 1 can (2.25 oz.) sliced olives, drained

NUTRITIONAL FACTS

Serving Size: 1 cup

AMOUNT PER SERVING

Calories 214 Calories from Fat

Total Fat 9g

Cholesterol 20mg

Sodium 265mg

Dietary Fiber 2g

Protein 8g

PREPARATION

Add vinaigrette, salt and pepper to cooked, cooled rice. Toss lightly. Add remainder of ingredients and toss. If desired, add more vinaigrette to taste. Chill. Serve on a bed of lettuce and garnish with parsley.