



# SUMMER SALAD WITH CORN, RICE, CHERRY TOMATOES, AND ARUGULA

## QUICK INFORMATION

<b>TIME</b>	<b>SERVES</b>	<b>CALORIES</b>	<b>GLUTEN FREE</b>	<b>VEGAN</b>	<b>VEGETARIAN</b>
					
<b>1 HR 30 MINS</b>	<b>10</b>	<b>130</b>	<b>RECIPE</b>	<b>RECIPE</b>	<b>RECIPE</b>

## INGREDIENTS

- 1 cup Lundberg Family Farms Long Grain Brown Rice
- Four ears of fresh corn, husked & silks removed (or 1-10 ounce package frozen corn, thawed)
- 2 cups cherry or grape tomatoes cut in half
- 1 cup fresh arugula leaves or spinach
- 1 fresh jalapeño, seeded and thinly sliced
- 1 cup red onion, cut into thin wedges (approximately ½ small red onion)
- For Dressing:
  - 4 Tbsp. red wine vinegar
  - 3 Tbsp. olive oil
  - Salt and Pepper to taste

## NUTRITIONAL FACTS

Serving Size: 1 cup

### AMOUNT PER SERVING

**Calories** 130      Calories from Fat

**Total Fat** 4g  
Saturated Fat 0.5g

**Cholesterol** 0mg

**Sodium** 0mg

**Total Carbohydrates** 23g  
Fiber 3g  
Sugar 3g

**Protein** 3g

## PREPARATION

Prepare Lundberg Long Grain Brown Rice according to package directions and cool. Cook corn in boiling water for 3 minutes. Drain. Let ears cool, and then trim the corn off the cob by cutting closely to the cob in long strips. Carefully lay aside. (Or if using frozen corn, cook, drain and cool, add to cooled rice.) Combine cooled rice, halved tomatoes, onion, jalapeño and arugula in a serving bowl. Carefully arrange corn strips on top of rice mixture and drizzle the salad dressing over all. Refrigerate at least an hour before serving.