

# Confetti Grain Salad

March 2021



Makes: 6 servings

## Ingredients

1 ½ cups brown rice (uncooked)  
3 cups water  
1 lemon (juiced)  
3 scallions (chopped)  
¼ cup parsley (minced)  
½ tsp salt  
Black pepper (to taste)  
½ cup olive oil  
1 ½ cups vegetables  
(of your favorite, cut into small pieces)

## Nutritional information for 1 serving

|                       |        |
|-----------------------|--------|
| Calories              | 288    |
| Total fat             | 11 g   |
| Saturated fat         | 2 g    |
| Cholesterol           | 0 mg   |
| Sodium                | 225 mg |
| Total carbohydrate    | 43 g   |
| Dietary fiber         | 5 g    |
| Total sugars          | 3 g    |
| Added sugars included | 0 g    |
| Protein               | 6 g    |

## Directions

1. Wash rice and put it into a 2-quart pot with water. Bring to a boil, then lower heat to simmer and cook uncovered until all the water is absorbed, approximately 45 minutes.
2. Pour into a medium-sized bowl and allow it to cool.
3. Pour lemon juice over rice and stir. When rice is lukewarm, add scallions, parsley, salt, pepper and oil.
4. Stir and chill at least 1 hour or serve warm.