



Fruit Rice Salad



Makes 8 servings.

Ingredients:

3 Cups brown rice, cooked
1 Apple, diced (any variety)
3 Cups seedless grapes
3 Bunches green onions, chopped
3 Tbs. Parsley, chopped
1 ½ Tbs. fresh dill weed, chopped

Curry Vinaigrette Dressing

1 Tbs. olive oil
2 Tsp. curry powder
¼ Cup lemon juice
1 Tsp. sugar
½ Tsp. salt
¼ Tsp. black pepper.

Dressing:

Mix olive oil, curry powder, lemon juice, sugar, salt and pepper in a small bowl. Set aside.

Preparation:

Combine cooked rice, apple, grapes, green onions, parsley and dill; toss gently with dressing.

Nutritional information for 1 serving:

*Calories 160, Fat 3 gm,
Fiber 3 gm, Cholesterol 0 mg,
Sodium 150 mg.*

Ask the Dietitian County of Los Angeles

www.lapublichealth.org/nutrition

Rev. 01/2010



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