



Washington Farmers  
Market Nutrition Program

**Dressing:**

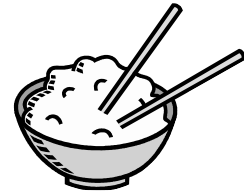
- 1 tablespoon oil
- 5 tablespoons vinegar
- ½ teaspoon salt
- ½ clove garlic, minced
- 2 Tablespoons chopped fresh herb

**Salad:**

- 2 cups cooked and cooled rice,  
brown or white
- 1 cup vegetables, diced
- ½ - 1 cup leftover meat or chicken,  
diced (optional)

# Rice Salad

Makes 4 Servings



**Directions:**

1. Mix dressing ingredients in a jar.  
Shake jar to mix thoroughly.
2. Combine salad ingredients in a  
mixing bowl.
3. Stir dressing into salad and mix  
well.
4. Serve over a bed of salad  
greens for a light summer meal.



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<b>Nutrition Facts</b>	
Serving Size (168g)	
Servings Per Recipe: 4	
<b>Amount Per Serving</b>	
<b>Calories 170</b>	<b>Calories from Fat 40</b>
	% Daily Value*
<b>Total Fat 4.5g</b>	<b>7%</b>
Saturated Fat 0g	<b>0%</b>
<b>Cholesterol 0mg</b>	<b>0%</b>
<b>Sodium 310mg</b>	<b>13%</b>
<b>Total Carbohydrate 30g</b>	<b>10%</b>
Dietary Fiber 4g	<b>15%</b>
Sugars 3g	
<b>Protein 4g</b>	
Vitamin A 40%	• Vitamin C 2%
Calcium 4%	• Iron 6%

# Rice Salad

## OPTIONS

- Use seasonal vegetables such as bell pepper, summer squash or snap peas.
- Use dried herbs in place of fresh.
- Add a cup of canned beans instead of meat. Be sure to drain and rinse beans first.

This material funded by USDA's Food Stamp Program; the Farmers Market Nutrition Program; and Washington State University. Washington State University is an equal opportunity provider and employer.

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