

Brown Rice & Apple Salad
RECIPE

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<?xml version="1.0"?>

TIME

20 minutes

INGREDIENTS

9 items

MAKES

8 servings

An easy and tasty meal perfect for the whole family! Toss together this sweet and tangy flavor-packed salad full of tasty bites, created by Mississippi Chef Nick Wallace.

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INGREDIENTS

- 6 cups Ben's Original™ Ready Rice™ Whole Grain Brown Rice
- 2 pink lady or red apples cored and diced
- 2 red bell peppers seeded and diced
- 3 stalks green onion whites removed and thinly sliced
- ¼ cup parsley finely chopped

- 2 ½ tablespoons fresh lemon juice 1 large or 2 medium lemons
- 5 tablespoons apple cider vinegar
- ¼ cup vegetable oil
- Salt and pepper to taste

INSTRUCTIONS

1. 1.
Cook rice according to package instructions. Then, combine all the ingredients in a large mixing bowl and stir to combine until everything is mixed and well coated in the dressing.
2. 2.
Season with salt and pepper to taste and stir to combine. Serve at room temperature or chilled.

NUTRITION

- CALORIES: 260
- TOTAL FAT: 8g - 10%
- TRANS FAT: 1g
- SODIUM: 45mg - 5%
- TOTAL CARBOHYDRATES: 43g - 16%
- DIETARY FIBER: 3g - 11%
- TOTAL SUGARS: 5g
- PROTEIN: 4g

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