

Curried Rice Salad

6 servings

This quick and easy rice dish provides four out of the five MyPlate food groups. Consider adding more protein, such as cooked chicken or chickpeas.

- 1 cup brown rice, uncooked*
- 1 cup radishes, scrubbed with clean vegetable brush under running water, diced
- ½ cup red onion, scrubbed with clean vegetable brush under running water, diced
- ½ cup chopped nuts or seeds (almonds, walnuts, sunflower seeds, etc.)
- ½ cup raisins
- ½ cup fresh parsley, gently rubbed under cold running water, chopped
- 3 Tablespoons vegetable oil
- 3 Tablespoons vinegar (apple cider, red wine, or white wine vinegar)
- 1 Tablespoon sugar
- 1 Tablespoon curry powder
- ¼ teaspoon pepper
- ½ teaspoon salt (optional)
- 1 cup diced, cooked chicken or cooked chickpeas (optional)**



1. Wash hands with soap and water.
2. Cook rice according to package directions. Set aside to cool.
3. In a large bowl, combine rice, radishes, onion, nuts, raisins, and fresh parsley.
4. To make the dressing, combine vegetable oil, vinegar, sugar, curry powder, pepper, and salt (if desired) in a small bowl until well combined.
5. Add the dressing to salad and toss to combine.
6. Serve warm or cold, as a main dish, or as a side.
7. Store leftovers in a sealed container in the refrigerator for up to four days.

*If using leftover rice to make the recipe, use 2½ cups of cooked rice. Other types of rice or grains can be used, such as quinoa, farro, wild rice, etc.

**Add 1 cup cooked diced chicken or chickpeas in step 3, if desired.

Nutrition Information per Serving (1 cup): Calories 190, Total Fat 12g, Saturated Fat 1.5g, Cholesterol 0mg, Sodium 10mg, Total Carbohydrates 19g, Fiber 3g, Total Sugars 12g, includes 2g Added Sugars, Protein 4g, Vitamin D 0%, Calcium 4%, Iron 6%, Potassium 4%.