



## Mediterranean Salad

6 servings

Whole grains are important sources of nutrients such as zinc, magnesium, B vitamins, and fiber. There are many choices available to make half your grains whole grains.

- 1 cup brown rice or quinoa
- 1 cup tomatoes, gently rubbed under cold running water, chopped
- 1 cucumber, scrubbed with clean vegetable brush under running water, chopped
- ½ cup red onion, scrubbed with clean vegetable brush under running water, chopped
- 1 avocado, scrubbed with clean vegetable brush under running water, chopped
- 1 (15 ounce) can garbanzo beans, drained and rinsed
- 1/4 cup fresh oregano or cilantro or 1 Tablespoon dried oregano (optional)
- ½ cup olive oil
- 1 Tablespoon vinegar
- 1 Tablespoon lime or lemon juice
- 1 teaspoon mustard
- 1 teaspoon minced garlic
- ½ teaspoon salt (optional)
  - 1. Wash hands with soap and water.
  - 2. Cook brown rice or quinoa according to package directions. Cool.
  - 3. In a large bowl, combine brown rice or quinoa, tomatoes, cucumber, red onion, avocado, garbanzo beans and oregano or cilantro, if desired.
  - 4. \*Make the dressing in a small bowl, by combining olive oil, vinegar, lime or lemon juice, mustard, minced garlic, and salt, if desired.
  - 5. Pour the dressing over the rice or quinoa and vegetable mixture and stir gently.
  - 6. Store leftovers in a sealed container in the refrigerator for up to four days.

\*Use an Italian dressing or hummus in place of homemade dressing, if desired.

Nutrition Information per Serving (1/6 of recipe): Calories 300, Total Fat 16g, Saturated Fat 2g, Protein 8g, Total Carbohydrate 32g, Dietary Fiber 7g, Total Sugars 2g, Added Sugars 0g, Sodium 210mg.

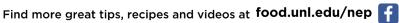
Recipe Source: Nebraska Extension

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