



SNACKS & SIDES

BROWN RICE AND ORANGE SALAD



CARE AND SHARE™
FOOD BANK FOR SOUTHERN COLORADO

Serves 12 , ½ cup per serving

Prep time: 25 minutes ▪ Cook time: 35 minutes

INGREDIENTS

- 1 cup brown rice
 - 4 small clementines, or 1 cup mandarin oranges, canned in juice
 - 3 green onions
 - 1 large lemons
 - 1 cup almonds
 - 1 cup frozen shelled edamame beans
 - 1 cup dried cranberries
 - 1 Tablespoon honey
 - 1/8 teaspoon ground black pepper
 - ¼ cup canola oil
- Optional Ingredients*
- ½ cup feta or farmer's cheese

DIRECTIONS

1. Cook rice following package instructions. Remove from heat. Let stand covered for 10 minutes. Scoop out into a large bowl to cook. While rice is cooking, prepare rest of salad.
2. Preheat oven to 350°F
3. Peel clementines and tear into segments. Or, if using canned oranges, rinse and drain.
4. Rinse and chop green beans.
5. Rinse lemon and cut in half. In a small bowl, squeeze juice from both halves. Discard seeds.
6. Slice almonds. On a baking sheet, spread slivered almonds. Bake until golden brown, about 8-10 minutes. Watch closely so they do not burn.
7. Fill a small pot with about 2 inches of water. Bring to a boil. Add edamame. Cook for 3 minutes, or until tender. Drain and set aside.
8. Add clementines or mandarin oranges, edamame, green onions, almonds, and dried cranberries to bowl with rice. Mix together.
9. In a second small bowl, use a fork to whisk together lemon juice, honey, and ground black pepper. While still whisking, slowly drizzle in the oil until a dressing forms.
10. Pour the dressing over the salad. Mix well. Let salad rest at room temperature for 10 minutes so flavors can combine.
11. If using, top with crumbled feta or farmer's cheese.

Nutrition Facts

Serving Size 1/2 cup (102g)	
Servings Per Container 12	
Amount Per Serving	
Calories 190	Calories from Fat 90
% Daily Value*	
Total Fat 10g	15%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 15mg	1%
Total Carbohydrate 24g	8%
Dietary Fiber 3g	12%
Sugars 11g	
Protein 5g	
Vitamin A 2%	Vitamin C 25%
Calcium 4%	Iron 6%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

RECIPE BY:
Chef Scott
Houghton

