

VEGETABLE RICE SALAD

Great as a side dish for any entree! Serve with chicken, beef, pork or fish.

Portions: 4

Serving size: $\frac{3}{4}$ cup

Ingredients

Salad

2 cups cooked white rice

$\frac{1}{2}$ cup chopped cucumber

$\frac{1}{2}$ cup chopped red bell pepper

$\frac{1}{2}$ cup chopped yellow bell pepper

$\frac{1}{4}$ cup chopped red onion

Dressing

$\frac{1}{2}$ cup canola or olive oil

$\frac{1}{4}$ cup white vinegar

1 tsp garlic powder or Mrs. Dash[®]

1 tsp grated parmesan cheese

Dash of salt and pepper

Preparation

In a large bowl add all chopped veggies and rice.

Mix well.

Whisk or blend together all ingredients for dressing and pour desired amount over salad and toss until well coated.

Serve immediately.

*This recipe is great when served cold and can keep in the fridge for several days. Just add dressing to individual serving immediately prior to eating.

Renal and diabetic food choices: 1 starch, 1 low potassium vegetable, 1 fat