

Rice Salad

This recipe contains more than one type of fruit or vegetable, rich in different nutrients. Try many colors and kinds.

Ingredients:

- 2 cups cooked **rice**
- 1/4 cup chopped **celery**
- 1 **apple**, chopped
- 3 tablespoons **raisins**
- 2 tablespoons chopped **almonds**
- 1/2 cup low-fat plain **yogurt**
- 2 teaspoons **orange juice**
- 2 teaspoons **sugar**

Directions:

1. Combine rice, celery, apple, raisins, and almonds in a medium bowl and mix well.
2. Combine yogurt, orange juice, and sugar and stir until sugar dissolves.
3. Pour the yogurt mixture over the rice mixture, and toss.
4. Serve well chilled.
5. Refrigerate leftovers within 2-3 hours.

Tip:

Add any of your favorite fruits for variety.

Nutrition Facts	
Serving Size 1/2 cup (116g)	
Servings Per Container 6	
Amount Per Serving	
Calories 130	Calories from Fat 20
% Daily Value*	
Total Fat 2g	3%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 25mg	1%
Total Carbohydrate 26g	9%
Dietary Fiber 1g	4%
Sugars 8g	
Protein 3g	
Vitamin A 2%	• Vitamin C 4%
Calcium 6%	• 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 300 mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

Source: USDA Food Bank recipes. For more recipes and other resources on eating well for less, see our web site at <http://www.healthyrecipes.oregonstate.edu>