

## Brown Rice, Broccoli and Carrot Salad

### Ingredients:

1 1/2 cups brown rice, uncooked  
 3 cups water  
 1/4 cup lemon juice  
 2 tablespoons olive oil  
 1 stalk broccoli  
 2 carrots  
 3 green onions  
 1/4 cup parsley

### Directions

- Cook brown rice according to package directions. Allow to cool to room temperature. When cooled, add lemon juice and olive oil. Stir well and set aside.
- Prepare broccoli by placing it on a cutting board. Hold broccoli by the stalk and turn upside down and cut off the branches, turning the stalk to reach the next branch, until all the flowers are gone. Chop up the stalk into bite size pieces, and throw away the tough parts. Add to bowl with rice.
- Wash a carrot and place it on a cutting board. Starting at the small end, slice into thin slices. Add to bowl.
- Wash green onions and cut off the green stalks and the root end. Slice the white part into small circles. Add to bowl.
- Remove stems from parsley and chop into small pieces. Add to bowl.
- Once vegetables are chopped, stir mixture together well.
- Stir and chill at least 1 hour. This dish also can be served warm.

### Equipment:

Cutting board  
 Knife  
 Saucepan with lid  
 Medium bowl  
 Spatula  
 Measuring cups  
 Measuring spoons

Number of Servings: 6  
 Prep Time: 1 hour  
 Total Time: 2 hours

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### Nutrition Facts

Serving Size: 3/4 cup	
Servings: 6	
Amount Per Serving	
Calories 256	Calories from Fat 54
	% Daily Value*
Total Fat 6g	9%
Saturated Fat 1g	5%
Cholesterol 0mg	0%
Sodium 44mg	2%
Total Carbohydrate 46g	15%
Dietary Fiber 5g	20%
Protein 7g	14%
Vitamin A 199%	Vitamin C 177%
Iron 11%	Calcium 8%

\*Percent Daily Values are based on a 2,000 calorie diet.

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