

Cucumber Tomato Rice Salad

Ingredients:

- 2 cups brown rice, cooked, or one cup uncooked rice
- 3 cucumbers, diced
- 1 tomato, seeded and diced
- 1 small onion, diced
- 2 teaspoons dill weed
- 1/2 cup low calorie Italian salad dressing

Equipment:

- Cutting board
- Knife
- Large bowl
- Spatula
- Measuring cups
- Measuring spoons

Number of Servings: 4
 Prep Time: 10 minutes
 Total Time: 1 hour

Directions

1. Cook rice according to directions, if not already prepared. Allow to cool.
2. Wash and cut ends off of cucumbers. Cut into slices, stack and cut into quarters. Add to large bowl.
3. Wash tomato. Cut in half through the core. Use a paring knife to remove core. With flat side down, slice into strips keeping the tomato together. Turn ¼ and slice again to dice. Add to bowl.
4. Cut the ends off of the onion, and peel off the brown layers. Run under water to remove any dirt. Cut the onion in half lengthwise, and place the flat side on the cutting board. Slice across the onion, from one side to the other, then lay the slices on their side, and slice from the widest side to the smallest, across the onion. Chop up any large pieces. Add to bowl.
5. Add cooked rice, and dill weed. Measure and pour dressing over ingredients. Mix well.
6. Chill for 1 hour.

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Nutrition Facts

Serving Size: 1 1/4 cups			
Servings: 4			
Amount Per Serving			
Calories 188	Calories from Fat 36		
		%Daily Value*	
Total Fat 4g			6%
Saturated Fat 1g			5%
Cholesterol 2mg			1%
Sodium 244mg			10%
Potassium 500mg			14%
Total Carbohydrate 35g			12%
Dietary Fiber 4g			16%
Protein 5g			10%
Vitamin A 14%	Vitamin C 33%		
Iron 11%	Calcium 6%		

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

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