

Brown Rice and Orange Salad

Ingredients:

- 2 c brown rice
- 1 c mandarin oranges (or 4 small clementine)
- 2 green onions
- ½ c shelled edamame beans (frozen)
- ¾ c shredded chicken
- 1 c dried cranberries
- 2 tbsp. lemon juice
- 1 tbsp. honey
- ⅛ tsp ground pepper
- ¼ c canola oil



Directions:

1. Cook rice following package instructions. Remove from heat. Let stand covered for 1 minute. Scoop out into a large bowl to cool.
2. Rinse mandarin oranges and drain (or peel 4 clementine).
3. Rinse and chop green onions.
4. Microwave edamame.
5. Add mandarin oranges, edamame, green onions, shredded chicken and dried cranberries into a bowl with rice. Mix together.
6. In a second bowl, use a fork to whisk together lemon juice, honey, and ground pepper. While whisking, slowly drizzle in the oil until dressing forms.
7. Pour the dressing over the salad. Mix well. Let salad rest at room temperature for 10 minutes so flavors can combine.

Nutrition

Serving size: ¾ cup (makes 8 servings)
Total fat: 9 g
Sodium: 14mg

Saturated fat: 1g
Protein: 5g

Calories: 220
Carbohydrates: 30g