



Cold Curried Rice Salad

Number of Servings: 12
 Calories Per Serving: 222
 CPF Ratio: 51-6-43

Cooking Instructions

Combine first 5 ingredients and bring to a boil. Reduce heat, cover, and simmer until rice is tender (approximately 40 to 45 minutes). Transfer to a large bowl. Add oil and lemon juice and toss well. Cover tightly and refrigerate over night. Add green pepper, almonds, raisins and toss gently. Sitr in yogurt. Refrigerate until ready to serve.

Note: Excellent source of fiber and antioxidants via spices and fruits. You can further increase the antioxidant content by using unsweetened tea in place of water. (Just use 1 to 2 tea bags per 2 cups water, brew in water for 5 minutes and remove tea bags).

Exchanges Per Serving:

1 1/4 Bread & Cereal
 3/4 Fruit
 1 Fat
 (2 Carbohydrate Choices)

Recipe Ingredients:

Name	Description	Serving Size	Gram Wt.
WILD/BROWN RICE	Blend; Lundberg brand	2 cups	454
WATER		4 cups	0
GINGER ROOT	raw	1 1/2 tbsp	9
CURRY POWDER		2 tsp	4
TUMERIC		1/2 tsp	1
OLIVE OIL	extra virgin	1/4 cup	56
LEMON JUICE	fresh	1/4 cup	61
GREEN PEPPER	raw; chopped	1/2 cup	75

Nutrition Information	
Serving Size: 1/12 of recipe-approximately 3/4 cup	
Servings: 1	
Amount Per Serving	
Calories 222	Calories from Fat 95
% Daily Value*	
Total Fat 14g	21%
Saturated Fat 1g	4%
Cholesterol 0mg	0%
Sodium 7mg	0%
Total Carbohydrate 37g	12%
Dietary Fiber 4g	15%
Sugars 10 g	
Protein 4 g	
Vitamin A 8%	Vitamin C 34%
Calcium 3%	Iron 5%

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

Cold Curried Rice Salad (continued)

RED PEPPER, SWEET	raw; chopped	1/2 cup	74
ALMONDS	slivered & toasted	1/2 cup	54
RAISINS, GOLDEN	seedless	1/2 cup	80
RAISINS, DARK	seedless	1/2 cup	80
YOGURT, PLAIN	nonfat	4 tbsp	<u>62</u>
	Recipe Total:		1,010
	Single Serving Total:		84