

BROWN RICE AND SPINACH SALAD WITH ORANGE VINAIGRETTE

Gluten Free, Lower Saturated Fat, Vegetarian

Serves: 1 cup

Nutrition (per serving)

Calories: 275

Dietary Fiber: 2 g

Total Fat: 8.5 g

Protein: 4 g

Total Carbohydrate: 45 g

Ingredients

1.5 cups uncooked brown rice

3 cups water

4 cups fresh spinach leaves

2 cans mandarin oranges, drained

1/3 cup chopped red onion \

1/2 cup chopped pecans

Dressing:

2/3 cup orange juice

2 Tbsp olive oil

2 Tbsp balsamic vinegar

2 Tbsp honey

2 tsp orange zest

1/2 tsp salt

Directions

Combine rice and water in a saucepan. Cook over high heat and bring to a boil; turn heat to low and simmer for 35-45 minutes or until all liquid has been absorbed. While rice is cooking, prepare dressing. In a medium bowl, whisk together orange juice, olive oil, balsamic vinegar, honey, orange zest and salt. Pour dressing over hot rice and mix well. Cover and chill until ready to serve. Before serving, stir spinach leaves, mandarin oranges, onions and pecans into the rice mixture.