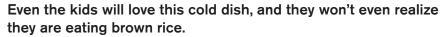
Crunchy Brown Rice Slaw



Ingredients

- 1 (8.8 oz.) pouch of precooked brown rice (like Uncle Ben's Ready Rice)
- 1 cup shredded broccoli slaw
- 1 (14 oz.) can mandarin orange sections, drained
- 1/4 cup dried cranberries
- 1/2 cup light Asian dressing



Nutrition Facts

Yield 4 servings

Amount Per Serving

Calories 221

Calories from fat: 46 (21%)

Fat 5g

Saturated Fat 1g

Cholesterol Omg

Sodium 222mg

Carbohydrate 41g

Dietary Fiber 4g

Sugar 14g

Protein 4g

Preparation

- 1. Microwave rice for 60 seconds according to package directions; place in medium-size bowl.
- 2. Add oranges, broccoli slaw and cranberries.
- 3. Toss with dressing; chill.

Kathleen Zelman,



