

# Crunchy Brown Rice Slaw

Even the kids will love this cold dish, and they won't even realize they are eating brown rice.

## Ingredients

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

## 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.



Nutrition Facts	
Yield 4 servings	
Amount Per Serving	
<b>Calories</b>	221
Calories from fat: 46 (21%)	
<b>Fat</b>	5g
Saturated Fat 1g	
<b>Cholesterol</b>	0mg
<b>Sodium</b>	222mg
<b>Carbohydrate</b>	41g
Dietary Fiber 4g	
Sugar 14g	
<b>Protein</b>	4g

Recipe by  
Kathleen Zelman,  
MPH, RD