



Cent\$ible Nutrition Program

Helping Families Eat better for Less

Confetti Grain Salad*

3 cups cooked brown or white rice
juice of 2 lemons
1 ½ cups vegetables*, cut into small pieces
3 green onions, chopped
¼ cup minced parsley
½ teaspoon salt
pepper to taste
¼ cup olive or canola oil

1. Pour lemon juice over rice and stir. When rice is cooled to lukewarm, add vegetables, onions, parsley, salt, pepper, and oil.
2. Stir and chill at least 1 hour. Makes 6 to 8 servings. This dish can also be served warm.

*Choose a mixture of colorful vegetables: carrots, celery, broccoli, zucchini, red or green peppers, tomatoes, radishes, peas, etc.

Variations:

1. Instead of rice, use 3 cups cooked barley, 3 cups “hydrated” bulgur, couscous or the same quantity of other cooked whole grains.
2. Add 1 teaspoon finely minced lemon rind.

Nutrition Facts	
Serving Size: 3/4 cup (206g)	
Servings: 6	
Amount Per Serving	
Calories 110	Calories from Fat 80
% Daily Value*	
Total Fat 9g	14%
Saturated Fat 1g	6%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 380mg	16%
Total Carbohydrate 6g	2%
Dietary Fiber 1g	6%
Sugars 2g	
Protein 1g	
Vitamin A 25%	Vitamin C 20%
Calcium 2%	Iron 4%
*Percent Daily Values are based on a 2,000 calorie diet.	

*Recipe can be found in the Cent\$ible Nutrition Cookbook available for purchase. Log on to www.uwyo.edu/centsible for more information.



TV Show

Cent\$ible Nutrition Program University of Wyoming Family and Consumer Sciences

Dept 3354; 1000 E. University Ave.; Laramie, WY 82071

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