



# Brown Rice Tabouli Salad

*Tabouli is a delicious way to use antioxidant-rich parsley and stomach soothing mint. This zesty salad is a fabulous source of fibre, vitamins A and C, and also calcium. It can be eaten as a side grain salad or as a mid-day meal. This recipe also offers a great alternative to use up left-over rice!*

Prep: 20 minutes • Total: 45 minutes

## Ingredients

Brown rice, cooked	3 cups	750 mL
Salt (optional)	1 tsp	5 mL
Lemon juice	¼ cup	65 mL
Garlic, crushed	1 tsp	5 mL
Olive oil	¼ cup	65 mL
Mint, fresh	1 tsp	5 mL
Ground pepper	To taste	To taste
Tomatoes, diced	2 medium	2 medium
Parsley, fresh, chopped	1 cup	250 mL
Red pepper, diced	½ cup	125 mL
Green onions, chopped	½ cup	125 mL
Cucumber, diced	1 medium	1 medium
Feta cheese, low-fat	1 cup	250 mL
Black olives, sliced	1 cup	250 mL

## Directions:

1. Combine rice, salt, lemon juice, garlic, olive oil, pepper and mint, mix well.
2. Cover and put in refrigerator for at least 2 hours.
3. Just before serving, mix in tomatoes, parsley, cucumber, red pepper, and onions. Garnish with feta cheese and olives.

\*optional: to add extra flavour, cook rice in low-sodium chicken broth

## Nutrition Facts

Serving Size (325g)

Servings Per Container

Amount Per Serving

**Calories 340**    **Calories from Fat 170**

% Daily Value\*

**Total Fat 19g**    **29%**

Saturated Fat 5g    **25%**

Trans Fat 0g

**Cholesterol 10mg**    **3%**

**Sodium 1080mg**    **45%**

**Total Carbohydrate 32g**    **11%**

Dietary Fiber 4g    **16%**

Sugars 4g

**Protein 11g**

Vitamin A 35%    •    Vitamin C 80%

Calcium 15%    •    Iron 10%

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

		Calories:	2,000	2,500
Total Fat	Less than	65g	80g	
Saturated Fat	Less than	20g	25g	
Cholesterol	Less than	300mg	300mg	
Sodium	Less than	2,400mg	2,400mg	
Total Carbohydrate		300g	375g	
Dietary Fiber		25g	30g	

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

*Adapted from: USA Rice Federation*

Makes 6 servings • 325g /serving • 1 serving = ¾ cup

**Prepared By:** Jennifer Broxterman, Registered Dietitian & Laurie Walker, BScH Foods & Nutrition student  
**NutritionRx • Email:** info@nutritionrx.ca • **Phone:** (519) 520-9549 • **Website:** www.nutritionrx.ca