Healthy Cooking with Tops

Presented by the Cooking School at Tops

Brown Rice Salad with Feta
Serves: 6 (1Cup servings)

2½ Cups water
1 ¼ Cups brown rice
¼ Cup lemon juice
3 Tbsps basil pesto, purchased
2 Cups cucumber, chopped and seeds removed
2 Cups cherry tomatoes, chopped
1/3 Cup Feta cheese crumbles
1/3 Cup green onion, chopped
2 Tbsps parsley, fresh, chopped
¼ tsp black pepper

Directions

In a medium sauce pan, bring the water to boiling and then add the uncooked rice. Return the pan to boiling and then reduce the heat and simmer approx 40 minutes or until most of the liquid is absorbed. Remove from heat and transfer to a large bowl.

In a small bowl, whisk together the lemon juice and pesto. Add to the brown rice along with the cucumber, tomatoes, feta, green onions, parsley and pepper.

Toss gently to combine. Serve chilled.

Nutrition

Calories: 222; Protein: 5.5 g; Fat: 6.23 g; Saturated Fat: 1.21g; Sodium: 139mg; Cholesterol: 6 g; Carbohydrates: 35.98; Fiber: 1.25 g; Sugar: 0