

EASY | RECIPE

Greek Rice Salad

A one-dish meal high in fiber.

Dressing:

2 tbsp fresh **lemon juice**

2 tbsp **olive oil**

1 tsp dried **oregano**

½ tsp **Dijon mustard**

¼ tsp **salt**

Freshly ground **black pepper**

1 cup **Basmati** or other **rice** (yields 3 cups cooked)

3 large, ripe **tomatoes**, diced (about 3 cups)

1 15-oz can **navy beans**, rinsed

4 ounces of nonfat **feta cheese**, crumbled

2 tbsp pitted **Greek olives**, sliced

¼ cup fresh **parsley**, finely chopped

5 cups **red leaf** or **romaine lettuce**

1. Blend dressing and set aside.
2. Cook rice according to package directions and let stand 10 minutes.
3. Gently combine tomatoes, beans, cheese, olives and parsley; toss with dressing and rice. (This mixture can be chilled and served later.)
4. Serve on a bed of greens.



Makes 6 (1-cup) Servings. Per serving:

342 calories | 13g protein | 6.3g fat | 43g carbohydrate | 10g fiber | 430mg sodium