

Almond Rice Salad

Source: The Barbecue Cookbook (Cooking.com)

INGREDIENTS:

1/2 C quick-cooking brown rice
2 TBS slivered almonds, toasted
1/3 C finely chopped celery
1/3 C raisins

DIRECTIONS:

Cook rice according to instructions on packet - combine rice, almonds, celery + raisins in serving bowl. Serve cold or at room temperature.

Serves 2

Nutrition Facts: Calories: 264 Fat: 3g Carbohydrates: 56g Cholesterol: 0mg Sodium: 24mg Protein: 5g Fiber: 3g %Cal. from Fat: 10% %Cal. from Carbs: 85%