Citrus Salmon Salad

INGREDIENTS:
1 cup of brown rice, uncooked
1 5-ounce can of salmon
2 oranges
2 teaspoons of chili powder

DIRECTIONS:
1. Bring 2 cups of water and 1 cup of brown rice to a boil in a large saucepan. Cook on medium heat until water is gone.
2. Peel and cut up oranges into cubes.
3. Open salmon and remove excess liquid.
4. Once rice is done cooking, pour into bowl.
5. Add salmon, cubed oranges, and chili powder.
6. Salt to taste.

RECIPE TIPS:
Recipe can be served warm or chilled.
Make this recipe with any whole grain. Try barley, bulgur or whole wheat couscous for variety!
Out of oranges? Use drained, canned mandarin oranges instead.

SERVING SIZE: 1 cup
SERVINGS: 4
PREPARATION TIME: 20 minutes

NUTRITION FACTS:
Amount Per Serving: 1 cup
Calories: 113
- Total fat: 2 grams
- Saturated fat: 0 grams
- Cholesterol: 10 mg
- Sodium: 157 mg
- Total Carbohydrate: 20 grams
- Fiber: 3 grams
- Sugar: 6 grams
- Includes 0g of Added Sugars
- Protein: 7 grams
- Potassium: 275 mg
- Phosphorus: 181 mg

EQUIPMENT NEEDED:
- Stove or hot plate
- Knife
- Large pot
- Can opener

Recipe submitted by Mount Mary University Dietetics Department
Additional recipes available at: healthyshelves.org