

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

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