

Mediterranean Salad

6 servings

Whole grains are important sources of nutrients such as zinc, magnesium, B vitamins, and fiber. There are many choices available to make half your grains whole grains.

- 1 cup brown rice or quinoa
- 1 cup tomatoes, gently rubbed under cold running water, chopped
- 1 cucumber, scrubbed with clean vegetable brush under running water, chopped
- ¼ cup red onion, scrubbed with clean vegetable brush under running water, chopped
- 1 avocado, scrubbed with clean vegetable brush under running water, chopped
- 1 (15 ounce) can garbanzo beans, drained and rinsed
- ¼ cup fresh oregano or cilantro or 1 Tablespoon dried oregano (optional)
- ¼ cup olive oil
- 1 Tablespoon vinegar
- 1 Tablespoon lime or lemon juice
- 1 teaspoon mustard
- 1 teaspoon minced garlic
- ½ teaspoon salt (optional)



1. Wash hands with soap and water.
2. Cook brown rice or quinoa according to package directions. Cool.
3. In a large bowl, combine brown rice or quinoa, tomatoes, cucumber, red onion, avocado, garbanzo beans and oregano or cilantro, if desired.
4. *Make the dressing in a small bowl, by combining olive oil, vinegar, lime or lemon juice, mustard, minced garlic, and salt, if desired.
5. Pour the dressing over the rice or quinoa and vegetable mixture and stir gently.
6. Store leftovers in a sealed container in the refrigerator for up to four days.

*Use an Italian dressing or hummus in place of homemade dressing, if desired.

Nutrition Information per Serving (1/6 of recipe): Calories 300, Total Fat 16g, Saturated Fat 2g, Protein 8g, Total Carbohydrate 32g, Dietary Fiber 7g, Total Sugars 2g, Added Sugars 0g, Sodium 210mg.

Recipe Source: Nebraska Extension