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DIET CENTER

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TANGY TWO-RICE SALAD

Stabilization & Maintenance

Ingredients

3/4 cup wild rice
3 cups lower-sodium chicken broth
1 cup water
1/2 cup instant brown rice
1/2 cup sliced green onion
3 cloves garlic, chopped
3 TBS olive oil
3 TBS lemon juice
2 TBS cider vinegar
1/4 cup chopped fresh parsley
1/2 TSP Morton's Lite salt
1/2 TSP ground black pepper
1/2 cup dried sweetened cranberries
1/2 cup chopped pecans
1/4 cup chopped dried apricots
1/4 cup raisins

Instructions

1. Combine the wild rice, broth and water in a medium saucepan. Cover and bring to a boil. Reduce the heat and simmer, covered, for 35 minutes.
2. Stir in the brown rice, cover, and simmer for an additional 10 minutes or until the rice is tender and all the liquid has been absorbed.
3. While the rice is cooking, combine the green onions, garlic, olive oil, lemon juice, cider vinegar, parsley, salt and pepper in a small bowl, stirring until well mixed. When the rice is done, pour the mixture over it. Add the remaining ingredients and stir with a fork. Serve warm or cold.

Portion-Per-Serving Information: (Yields 10 servings)

Serving = 1/2 cup = 1 G, 1/2 FT