

Suitland Dine & Learn

April 2018: Snack Smarter

Ingredients

1 cup uncooked brown rice
4 small clementines **OR** 1 cup canned mandarin oranges
3 green onions
1 large lemon
1 cup almonds
1 cup frozen edamame still in pods
1 cup dried cranberries

For the Dressing:

1 tablespoon honey

1/8 teaspoon ground black pepper

1/4 cup canola oil

Optional: 1/2 cup feta or farmers cheese

Cost per serving: \$0.65

Directions

1. Cook rice according to package instructions. Once rice has absorbed all the water, remove from heat and let sit covered for 10 minutes. Immediately following, place rice in a large bowl to cool while preparing the salad contents.
2. Preheat oven to 350 degrees.
3. Peel and segment clementines, or if using canned mandarin oranges, drain and rinse oranges.
4. Chop green onions
5. Juice one lemon. Be sure no seeds are included in the juice.
6. Boil water and pour over almonds for 2-3 minutes, then drain and rinse. Almonds are now soft for easy slicing. Slice almonds, place them on a baking sheet and then bake until golden brown, which takes approximately 8-10 minutes.
7. Bring about 2 inches of water to a boil in a small pot and add shelled edamame. Cook for 3 minutes, or until tender. Rinse, drain, and deshell.
8. Add oranges, edamame, green onions, almonds, and dried cranberries to the rice and mix well.
9. In the bowl with the lemon juice, whisk together the honey and ground pepper. Once mixed well, while still whisking, slowly add the canola oil. You will notice the dressing beginning to form.
10. Pour the dressing over the salad and mix well.
11. Let flavors marinate together for 10 minutes before serving.
12. Top off the salad with feta/farmers cheese, if desired.

Nutrition Information

Amount Per Serving

Number of Servings: 12

Serving Size: 1/2 cup

Calories: 190

Total Fat: 10 g
Cholesterol: 0 mg
Sodium: 15 mg

Total Carbs: 24 g
Dietary Fiber: 3 g
Protein: 5 g
Vitamin C: 25% DV