



Bamboo Rice Salad with Cilantro Dressing

Yield: 6 (1 c.) servings

Ingredients

- 1¼ c. water
- 8 oz. InHarvest Bamboo Rice
- 1 c. cilantro, rough chopped
- ¼ c. jalapenos coarsely chopped, with seeds
- ¼ c. scallions, rough chopped
- 2 T. lime juice
- 6 T. canola oil
- ¼ T. kosher salt
- 1½ c. radicchio, 1/4' strips
- ½ c. radishes, sliced
- 1½ c. baby arugula
- ½ c. cucumber, unpeeled, half-moon slices
- ½ c. avocado, diced

Directions

1. Bring water to a boil. Add InHarvest Bamboo Rice, return to a simmer and cook, covered, for 12 minutes. Cool completely.
2. In a blender, combine the cilantro, jalapeno, scallion, lime juice, canola oil and salt. Blend until smooth.
3. Mix cooled rice with radicchio, radish, arugula, cucumber and avocado.
4. Add dressing to the salad and toss to combine.

Nutrition Facts

Per serving: 302 cal., 4 g pro., 34 g carb., 3 g fiber, 17 g fat (1 g sat. fat), 0 mg chol., 94 mg. sod., 1 g. sugar