

Carrot-Raisin-Rice Salad – Vegan -SOS

Prep Time: 15 minutes
Cook Time: 60 minutes
Total Time: 1 hour, 15 minutes

Serving Size: 6
Calories per serving: 273
Fat per serving: 1.6 grams

'The Health Promoting Cookbook', by Alan Goldhamer, p-57.

Ingredients

- 3 cups water
- 3/4 cup short grain brown rice
- 3/4 cup brown basmati rice
- 1/2 cup wild rice
- 2 carrots, grated
- 1/2 bunch spinach, well washed and chopped
- 1/2 cup raisins
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Instructions

1. In a 2-quart saucepan, bring the water to a boil, add the various types of rice, and return to a boil. Lower the heat and simmer for 45 minutes.
2. Remove from the heat, add the carrots and spinach, then replace the lid. Allow to stand for 15 minutes.
3. Transfer to a mixing bowl, add the raisins, and fluff with a fork.

Notes

Nutrition facts (per serving): Calories: 273, from fat: 21, total fat: 1.6g, cholesterol: 0mg, sodium: 38mg, total carbohydrate: 62g, fiber: 3.7g, sugar: 10g, protein: 7.1g.