

Oriental Rice Salad – Vegan – SOS

Prep Time: 20 minutes
Total Time: 20 minutes

Serving Size: 3
Calories per serving: 486
Fat per serving: 14.5 grams

'The Health Promoting Cookbook', by Alan Goldhamer, D.C., p-147.

Ingredients

- 4 cups cooked short grain brown rice, cooled to room temperature
- 1 cup finely shredded carrots
- 1/2 cup raw sunflower seeds
- Juice of 1/2 lemon
- 1/2 teaspoon ground ginger
- 1/2 teaspoon garlic powder
- 1/4 cup dulse (seaweed), rinsed
- 1 red or green bell pepper, diced
- 1 cucumber, peeled and diced

Instructions

1. Toss the ingredients together, except for the bell pepper and cucumber.
2. Toss the bell pepper and cucumber into the rice mixture.
3. Serve cold or at room temperature.

Notes

Nutrition facts (per serving): Calories: 486, from fat: 126, total fat: 14.5g, cholesterol: 0mg, sodium: 38mg, total carbohydrate: 71g, fiber: 8.3g, sugar: 0g, protein: 13.7g.