

Easy Vegan Rice Salad
RECIPE

Easy Vegan Rice Salad



<?xml version="1.0"?>

TIME

5 minutes

INGREDIENTS

12 items

MAKES

4 servings

Quick, easy and packed with flavor, this vegan salad comes together in a flash. Loads of colorful veggies and a tangy vinaigrette make this a perfect option for a balanced lunch or side dish!

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INGREDIENTS

- 2 pouches (each 8.8 oz) Ben's Original™ Ready Rice™ Whole Grain Brown Rice
- 2 tablespoons freshly squeezed lime juice
- 2 tablespoons sesame oil
- 2 tablespoons low sodium vegan soy sauce

- 1/2 teaspoon granulated sugar
- 1/4 teaspoon black pepper
- 1/2 cup chopped carrot
- 1/2 cup sliced celery
- 1/2 cup chopped red bell pepper
- 1/2 cup chopped snow peas
- 1/4 cup sliced green onions
- 1/4 cup torn cilantro leaves

PRODUCTS USED



BEN'S ORIGINAL™ READY RICE™ Whole Grain Brown Rice

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INSTRUCTIONS

1. 1
Prepare rice according to package instructions; let cool.
2. 2
Whisk together lime juice, sesame oil, soy sauce, sugar and pepper in small bowl.
3. 3
Combine cooled rice with carrot, celery, red pepper, snow peas and green onions in medium bowl. Toss with sesame oil mixture until well coated.
4. 4
Divide mixture evenly among 4 bowls. Garnish with cilantro.
5. *
Tip: For an added kick, stir sriracha hot sauce into vinaigrette as desired.

NUTRITION

- CALORIES: 270
- TOTAL FAT: 9g
- SATURATED FAT: 1.5g
- TRANS FAT: 0g
- SODIUM: 300mg
- TOTAL CARBOHYDRATES: 41g
- DIETARY FIBER: 2g
- TOTAL SUGARS: 3g
- PROTEIN: 5g

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Caribbean Style Wrap with Ben's Original™ 10 Medley

Cooking time

20

Ingredients

10 items

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Brown Rice with Spinach and Parmesan Cheese

Cooking time

35 Minutes

Ingredients

10 items

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Classic Shrimp Fried Rice

Cooking time

15 minutes

Ingredients

9 items

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Brown Rice & Apple Salad

Cooking time

20 minutes

Ingredients

9 items

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