

Ben's Original™

Easy Vegan Rice Salad
RECIPE

Easy Vegan Rice Salad



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!

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

INSTRUCTIONS

1. Prepare rice according to package instructions; let cool.
2. Whisk together lime juice, sesame oil, soy sauce, sugar and pepper in small bowl.
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. 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

More Recipes Like This



[Brown Rice with Spinach and Parmesan Cheese](#)

Cooking time

35 Minutes

Ingredients

10 items



[Classic Shrimp Fried Rice](#)

Cooking time

15 minutes

Ingredients

9 items



[Brown Rice & Apple Salad](#)

Cooking time

20 minutes

Ingredients

9 items



[Cheesy Chicken Broccoli Rice Bake](#)

Cooking time

45 Minutes

Ingredients

9 items

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