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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