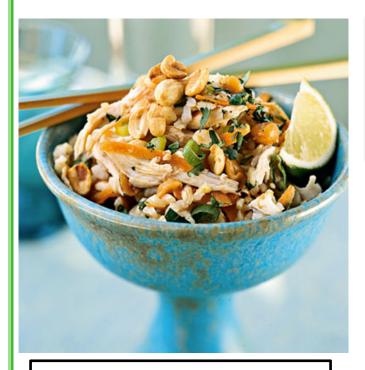


Employee Wellness Sesame Brown Rice Salad with Shredded Chicken and Peanuts

Ever thought stir-fry could be a salad? Try this sesame brown rice salad with the Asian flavours of sesame oil, cilantro, lime and garlic. Brown rice is a great alternative to white rice because of the additional fiber. A great addition to your weekday night or next summer potluck!



Preparation:

- 1. Cook rice according to package directions, omitting salt. Transfer rice to a large bowl; fluff with a fork. Cool.
- 2. Add chicken, carrot, onions, 2 tablespoons peanuts, 2 teaspoons cilantro, and salt to rice; toss to combine.
- 3. Combine juice and remaining ingredients in a small bowl. Drizzle oil mixture over rice mixture; toss to combine. Place 1 1/2 cups salad on each of 4 plates. Sprinkle each serving with 1 1/2 teaspoons remaining peanuts and 1/4 teaspoon remaining cilantro.

TRY THIS! Make a light peanut butter dressing using the same last 4 ingredients with the addition of 1/4 cup natural smooth pb, 1 tablespoon rice wine vinegar, and 1 teaspoon of honey.

Yields 4 servings

Ingredients

- 1 cup long-grain brown rice
- 2 cups shredded cooked chicken breast
- 1/2 cup shredded carrot
- 1/3 cup sliced green onions
- 1/4 cup dry-roasted peanuts
- 1 tablespoon chopped fresh cilantro
- 1/2 teaspoon salt
- 2 tablespoons fresh lime juice
- 4 teaspoons olive oil
- 1 teaspoon dark sesame oil
- 2 garlic cloves, minced

Nutritional Information (per serving)

Calories: 393 Total Fat: 13.3g Sat. Fat: 2g Carbs: 40.2g Fiber: 4g Protein: 27.8g

Source: www.cookinglight.com

