

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!



TRY THIS! Make a light peanut butter dressing using the same last 4 ingredients with the addition of $\frac{1}{4}$ 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
 $\frac{1}{2}$ cup shredded carrot
 $\frac{1}{3}$ cup sliced green onions
 $\frac{1}{4}$ cup dry-roasted peanuts
1 tablespoon chopped fresh cilantro
 $\frac{1}{2}$ teaspoon salt
2 tablespoons fresh lime juice
4 teaspoons olive oil
1 teaspoon dark sesame oil
2 garlic cloves, minced

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 $1 \frac{1}{2}$ cups salad on each of 4 plates. Sprinkle each serving with $1 \frac{1}{2}$ teaspoons remaining peanuts and $\frac{1}{4}$ teaspoon remaining cilantro.

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