



Recipes for Success



Brown Rice Salad

No one looks forward to making a meal on a hot stove in the summer time. This recipe is a great “grab and go” idea that can be prepared earlier and left in the fridge until ready to eat. It also makes a nutritious school lunch idea.

Serves 4

Equipment:

Medium sized mixing bowl
Knife
Mixing spoon
Small bowl

Ingredients:

4 cups	cooked brown rice
4	slices of lean ham, chopped
1 cup	cooked peas
3	carrots, grated
1 tablespoon	chopped chives
1 tablespoon	olive or vegetable oil
3 tablespoons	white wine vinegar
4	large whole wheat tortillas



Directions:

1. Mix rice, ham, peas, carrot and chives in a medium bowl.
2. In a small bowl, mix vinegar and oil. Pour over rice mixture and mix well.
3. Put brown rice salad in the refrigerator until ready to eat.
4. To serve place 1 cup of brown rice salad in the centre of tortilla and wrap it up.

As a healthy school lunch: Place 1 cup of brown rice salad into an airtight lunchbox. Wrap tortilla separately to keep fresh.

Suggested Tasks for Children:

- Mix ingredients
- Help clean up

