

Brown Rice Salad

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Ingredients

Dressing

1 can pineapple chunks packed in juice, drained,
 cup juice reserved (250g)
 3 tbsps olive oil
 Pinch of salt & black pepper

Salad

350g grilled chicken breast, cut into cubes
 1½ cups cooked brown rice (290g)
 1 red capsicum, chopped
 ½ cup red onion, finely chopped
 4 large lettuce leaves
 2 tbsps chopped pistachios

Method

1. To make the dressing: Reserve the pineapple chunks for the salad. In a small bowl, stir the cup pineapple juice with the oil, salt, and pepper.
2. To make the salad: In a medium bowl, combine the reserved pineapple chunks, grilled chicken, rice, capsicum, and red onion. Add the dressing and toss gently to mix.
3. Arrange the lettuce leaves on 4 plates. Top with the salad and sprinkle with the pistachios.

Nutrition Information

Energy	339 Kcal
Carbohydrate	31 g
*Carbohydrate Exchanges =	~ 2.0 exchange
Protein	23 g
Fat	14 g
Cholesterol	49 mg
Dietary Fibre	3.3 g
Sodium	136 mg