

SESAME BROWN RICE

Salad

with Shredded Chicken and Peanuts

WAC Fun Food Fact

This is a meal in a bowl! Chicken and peanuts provide protein, plenty of vegetables add crunch and a nutritional boost, and brown rice gives the dish a hearty, filling carb source to fuel your workout.



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, divided
- 1 tablespoon chopped fresh cilantro, divided
- 1/2 teaspoon salt
- 2 tablespoons fresh lime juice
- 4 teaspoons canola oil
- 1 teaspoon dark sesame oil
- 2 garlic cloves, minced

INSTRUCTIONS

Step 1

Cook rice according to package directions, omitting salt and fat. Transfer rice to a large bowl; fluff with a fork. Cool. Add chicken, carrot, onions, 2 tablespoons peanuts, 2 teaspoons cilantro, and salt to rice; toss to combine.

Step 2

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.

Recipe of the Month | **AUGUST**

Calories 393 Calories from fat 30% Fat 13.3g Saturated Fat 2g Monounsaturated Fat 6.3g Polyunsaturated Fat 4g Protein 27.8g Carbohydrate 40.2g Fiber 4g Cholesterol 60mg Iron 1.7mg Sodium 424mg Calcium 44mg

