

Lunch | Dinner

Mandarin Rice Salad

15 Mins
Prep Time

10 Mins
Cook Time

4
Servings

 **250** Calories **16g** Fat **20g** Carbs **7g** Protein



Ingredients

 **4** Servings  **25 Mins** Total Time  **Allergens:** Nuts, Soy, Sesame

1 Cup Brown Rice

1 Cup Canned Mandarin Oranges, drained and **rinsed** 

3 Green Onions, **washed** and chopped

½ Cup Sliced Almonds

1 Cup Frozen Shelled Edamame 

1 Cup Red Cabbage, **washed** and thinly sliced

Dressing Ingredients

2 Tbsp Olive Oil

¼ Cup Rice Vinegar

1 Tsp Honey

1 Tbsp Soy Sauce

½ Tbsp Sesame Oil

½ Tsp Fresh Ginger, finely grated

1 Tsp Sriracha®

Nourishment Note



Edamame

Edamame are soy beans that are rich in both protein and fiber. This combination will have you feeling full longer. The high fiber content also promotes regularity.



Mandarin Oranges

Mandarin oranges are high in vitamin C which may support immune health.

Allergen Swap

Nuts Replace almonds with sunflower seeds or omit

Soy Replace soy sauce with coconut aminos and omit edamame

Sesame Omit sesame oil and replace with additional olive oil

Instructions

1. Wash Hands

Wash hands with soap and water.

2. Cook Rice

Boil water in saucepan and cook rice per package directions. Once cooked, scoop into a large bowl to cool.

3. Mix Dressing

Combine olive oil, rice vinegar, honey, soy sauce, sesame oil, ginger and Siracha® in a small mixing bowl.

4. Microwave Edamame

Microwave frozen edamame for 2 minutes. Allow to cool.

5. Combine Ingredients

Add mandarins, green onions, sliced almonds, edamame and red cabbage to bowl with rice. Mix well.

6. Add Dressing

Add dressing to rice mix and let sit at least 10 minutes to allow flavors to combine. This salad can be consumed warm or refrigerated and eaten cold.

7. Garnish

Garnish with additional almonds and mandarin oranges, if desired.

8. Wash Hands

Wash hands with soap and water.

Recipe created by Meijer Specialty Pharmacy
Registered Dietitians

What You'll Need



Measuring Cups



Measuring Spoons



Large Mixing Bowl



Small Mixing Bowl



Strainer



Spoon



Knife



Grater



Cutting Board



Can Opener



Saucepan

Fatigue Buster

- Use pre-grated or minced ginger.
- Purchase pre-packaged coleslaw mix (without dressing) instead of chopping cabbage.
- Make sure to purchase the pre-shelled edamame to avoid removing soy beans from shells.