

BROWN RICE SALAD WITH SNOW PEAS, SUN-DRIED TOMATOES AND ARTICHOKE HEARTS

Yield: 4 Servings



TOTAL TIME: 10 minutes

INGREDIENTS

- 1 cup fresh snow peas (about 30)
- 6 oz. jar of marinated artichoke hearts (drained)
- ½ cup fat-free balsamic vinaigrette dressing
- 2 cups cooked brown rice (chilled)
- ½ cup fresh basil (chopped)
- 4 leaves of radicchio lettuce
- 15 sun-dried tomatoes (dry-packed)(sliced)

PREPARATION

1. In a large bowl, combine all ingredients, except for radicchio lettuce.
2. Season with salt and pepper.
3. Scoop a portion onto each radicchio lettuce leaf and serve.

NUTRITION

Per serving: Calories: 290; Fat: 11 g (1 g saturated fat); Cholesterol: 0 mg; Carbohydrates: 40 g; Protein: 6 g; Fiber: 6 g; Sodium: 620 mg.

Recipe courtesy of FitnessMagazine.com