

**Boston Medical Center  
Nutrition Resource Center**

Preventative Food Pantry: (617) 414-3834 or (617) 414-5263  
Food Demonstration Kitchen: (617) 414-3840 or [www.bmc.org](http://www.bmc.org)



**Brown Rice and Pineapple Salad**

**Makes about 6 (3/4 cup) servings**

**This is a great side dish for grilled chicken or fish.**

**Ingredients:**

**1 cup brown rice (Jasmine or Basmati rice is best)**

**¼ cup canola oil**

**¼ cup rice vinegar (or white vinegar)**

**1 clove garlic, minced (about 1 teaspoon)**

**1 tablespoon reduced-sodium soy sauce**

**¼ teaspoon pepper**

**½ fresh pineapple, peeled, cored, and diced OR 1 (15-ounce) can pineapple tidbits, packed in 100% fruit juice, drained**

**1 large red pepper, seeded and diced**

**2 scallions, chopped**

**2 tablespoons chopped fresh cilantro leaves (optional)**

**Directions:**

- 1. Bring 2 cups water to a boil. Add rice and simmer 35-40 minutes until tender. Stir to fluff and let cool.**
- 2. In a small bowl whisk together canola oil, rice vinegar, garlic, soy sauce, pepper.**
- 3. In a large bowl combine cooked rice, pineapple, red pepper, scallions, and cilantro. Pour dressing over salad and toss.**

**Nutritional Information per serving:**

Calories: 168	Carbohydrates: 20g
Total Fat: 9g	Cholesterol: 0mg
Saturated Fat: 1g	Dietary Fiber: 2g
Sodium: 125mg	Protein: 2 g