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