

HEALTHY POST HOLIDAY RECIPES

Cooking has never been this easy.

Dominican University Head Start Nutrition Services Funded by Chicago
Department of Family and Support Service - Children Services





Fiesta Rice Salad

ADAPTED BY DOM UNIVERSITY FROM
[HTTPS://WWW.MYPLATE.GOV/RECIPES/SUPPLEMENTAL-NUTRITION-ASSISTANCE-PROGRAM-SNAP/FIESTA-RICE-SALAD](https://www.myplate.gov/recipes/supplemental-nutrition-assistance-program-snap/fiesta-rice-salad)

Ingredients:

- 1 cup brown rice (cooked)
- 1 carrot (shredded)
- 1 cup broccoli (chopped fine)
- 1 red onion (small, chopped)
- 1 cup tomato (chopped)
- 1 bell pepper (sweet, green, red, yellow)
- 1 can kidney beans (15oz, drained, rinsed)
- 2 tablespoons cilantro (or other fresh herbs) (chopped fine)
- 2 tablespoons red wine vinegar (or white or cider)
- 1 tablespoon vegetable oil
- salt and pepper (to taste, optional)

Directions:

1. Wash and chop vegetables and mix with cooked rice.
2. In a small bowl, add vinegar, oil, dill, salt and pepper. (Or use your favorite dressing.) Pour over rice mixture.
3. Add beans and toss well. Serve cold.
4. Serves 4. Enjoy!



Ensalada de Arroz Fiesta

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Ingredientes

- 1 taza de arroz integral (cocido)
- 1 zanahoria (rallada)
- 1 taza de brócoli (picado fino)
- 1 cebolla morada (pequeña, picada)
- 1 taza de tomate (picado)
- 1 pimiento (dulce, verde, rojo, amarillo)
- 1 lata de frijoles rojos (15 oz, escurridos, enjuagados)
- 2 cucharadas de cilantro (u otras hierbas frescas) (picado fino)
- 2 cucharadas de vinagre de vino tinto (o blanco o sidra)
- 1 cucharada de aceite vegetal
- sal y pimienta (al gusto, opcional)

Direcciones

1. Lavar y picar las verduras y mezclar con arroz cocido.
2. En un tazón pequeño, agregue vinagre, aceite, eneldo, sal y pimienta. (O use su aderezo favorito). Vierta sobre la mezcla de arroz.
3. Agregue los frijoles y mezcle bien. Servir frío.
4. Para 4 personas. ¡Disfruta!