

Greek Rice Salad

Yield: 8 min

Total Time: 120 min

Recipe from: <https://www.recipeschoose.com/recipes/greek-side-salad-recipe>

Ingredients:

- 1 cup long-grain brown rice uncooked
- 2 1/2 cups water
- 1 avocado peeled, pitted, and diced
- 1/4 cup lemon juice
- 2 vine ripened tomatoes diced
- 1 1/2 cups English cucumbers diced
- 1/3 cup red onion diced
- 1/2 cup crumbled feta cheese
- 1/4 cup Kalamata olives sliced
- 1/4 cup chopped fresh mint
- 3 tablespoons olive oil
- 1 teaspoon lemon zest
- 1/2 teaspoon minced garlic
- 1/2 teaspoon kosher salt
- 1/2 teaspoon ground black pepper

Nutrition:

1. Calories: 210 calories
2. Carbohydrate: 24 grams
3. Cholesterol: 10 milligrams
4. Fat: 12 grams
5. Fiber: 4 grams
6. Protein: 4 grams
7. SaturatedFat: 3 grams
8. Sodium: 300 milligrams
9. Sugar: 3 grams

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