

# Mediterranean Brown Rice Salad

Yield: 6 min  
Total Time: 65 min

Recipe from: <https://www.recipeschoose.com/recipes/tomato-brown-rice-indian-recipe>

## Ingredients:

- 1 cup brown rice rinsed
- 1/3 cup olive oil
- 3 cloves garlic crushed and peeled
- 2 tablespoons pine nuts
- 2 cups baby spinach
- 1 lemon zested and juiced
- 2 tomatoes chopped
- 1 cup scallions chopped, white and light green parts
- 1 cup feta cheese crumbled
- 1 cup cucumber finely diced
- 1 red onion small, small diced
- 3 tablespoons red wine vinegar
- 1/2 cup Kalamata olives pitted and chopped
- 3 tablespoons mint chopped

## Nutrition:

1. Calories: 350 calories
2. Carbohydrate: 34 grams
3. Cholesterol: 20 milligrams
4. Fat: 21 grams
5. Fiber: 4 grams
6. Protein: 8 grams
7. SaturatedFat: 6 grams
8. Sodium: 390 milligrams
9. Sugar: 4 grams

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