



Broccoli, Avocado, and Brown Rice Salad

4 Servings • 1 Serving = ¼ Cup

INGREDIENTS

- 1 small head broccoli, about ½ pound, cut into florets
- 2 cups cooked brown rice
- 1 small avocado, pitted and cut into cubes
- ¼ cup parsley, chopped
- ¼ cup pumpkin seeds
- ¼ teaspoon salt
- Freshly ground black pepper, to taste
- Juice of ½ lemon
- 1 Tablespoon extra virgin olive oil

DIRECTIONS

1. Prepare an ice bath by combining ice and water in a large bowl. Bring a pot of water to a boil and add the florets of the broccoli. Simmer for 30 seconds, until the broccoli turns bright green. Drain immediately and place into the ice bath. Remove the florets from the ice bath and set aside to drain well.
2. In a large bowl, combine the brown rice, broccoli, avocado, parsley, and pumpkin seeds.
3. In a small bowl, combine the salt, black pepper, lemon juice, and olive oil. Whisk with a fork until emulsified and pour over the brown rice medley. Toss gently and serve.

Nutrition Facts

4 servings per container
Serving size 3/4 cup

Amount per serving
Calories 290

% Daily Value*

Total Fat 14g 18%

Saturated Fat 2.5g 13%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 170mg 7%

Total Carbohydrate 34g 12%

Dietary Fiber 6g 21%

Total Sugars 2g

Includes 0g Added Sugars 0%

Protein 9g

Vitamin D 0mcg 0%

Calcium 43mg 4%

Iron 3mg 15%

Potassium 544mg 10%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

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