



Rainbow Brown Rice Salad

Serves 4

INGREDIENTS

- 350g grilled skinless chicken breast
- 1 ½ cup cooked brown rice
- 1 can (240g) pineapple chunks/mandarin oranges/tropical fruits in natural juice (no added sugar), drained (juice to be set aside for salad dressing)
- ½ red capsicum, chopped
- ½ green capsicum, chopped
- ½ yellow capsicum, chopped
- ½ Japanese cucumber, chopped
- ½ red onion, finely chopped (optional)
- Walnuts pieces or sunflower seeds (optional)

For the dressing

- ½ cup (125ml) natural juice, from canned pineapple/mandarin oranges/tropical fruit
- 3 tablespoons olive oil
- Pinch of salt and black pepper to taste

NUTRITIONAL VALUE

(per serving, 330g)

Energy: 374kcal
Carbohydrates: 30g
Fat: 14g
Saturated Fat: 2.4g

Protein: 30g
Dietary Fibre: 3g
Sodium: 218mg
Cholesterol: 74mg

METHOD

1. Cook brown rice according to instructions. Set aside to cool.
2. To make the dressing: In a small bowl, stir ½ cup pineapple juice with oil, salt, and pepper.
3. To make the salad: In a medium bowl, combine the pineapple chunks, grilled chicken, rice, capsicum, cucumber and red onion. Add the dressing and toss gently to mix, serve cold.

DIETITIAN'S TIP

- Soak the brown rice for 15 to 30 minutes before cooking. This will soften the brown rice and shorten cooking time.
- Sprinkle a dash of salt over the cucumbers, place them on a strainer and drain the resulting liquid. This will make the cucumber extra crunchy.
- You may choose to steam, boil or grill the chicken breast. Remove any skin and trim off any visible fat before you cook it.
- Replace brown rice with pearl barley or wholewheat pasta.



七彩糙米沙拉

份量：4份

材料

- 350克烤鸡胸肉（去皮）
- 1½杯煮熟的糙米
- 1罐（240克）黄梨块/橘子/热带水果（无添加糖），浸泡在天然果汁中（保留果汁来调配沙拉酱汁）
- ½个红灯笼椒，切碎
- ½个青灯笼椒，切碎
- ½个黄灯笼椒，切碎
- ½个日本黄瓜，切碎
- ½个红洋葱，切碎（选择性）
- 核桃片或葵花籽（选择性）

沙拉酱汁

- ½杯天然果汁（125毫升），从罐装黄梨块/橘子/热带水果中所预留的
- 3汤匙橄榄油
- 少许盐和黑胡椒调味

做法

1. 根据标签上的指示煮熟糙米。放置冷却。
2. 沙拉酱汁做法：在一个小碗里，把半杯的黄梨汁与油、盐和胡椒搅拌。
3. 沙拉做法：在一个中型碗，混合黄梨块、烤鸡肉、糙米、灯笼椒、黄瓜和红洋葱。加入酱汁轻轻拌匀，即可食用。

营养师的贴士

- 烹调前把糙米浸泡15至30分钟。这会软化糙米，缩短烹煮时间。
- 在黄瓜上撒上少许盐，用过滤网排去水份，这会让黄瓜更加爽脆。
- 您可以选择蒸、水煮或烤鸡胸肉。烹煮前去掉任何皮和可见的脂肪。
- 可用薏米或全麦意大利面来替代糙米。

营养分析

(每份，330克)

热量：374卡路里 蛋白质：30克
碳水化合物：30克 膳食纤维：3克
总脂肪：14克 钠：218毫克
饱和脂肪：2.4克 胆固醇：74毫克