



NUTRITION CONSULTING INC.

Green Split Pea Salad with Rice and Cranberries

This vegetarian salad may be a main course salad or side dish for barbecues. To dress this up for company, use wild rice, sundried cranberries and toast the walnuts.

Recipe used with permission from Alberta Pulse Growers

Recipe by Chef Jasmin Kobajica, Chateau Lacombe, Edmonton, AB

For more healthy recipes and nutrition information on pulses visit: www.pulse.ab.ca

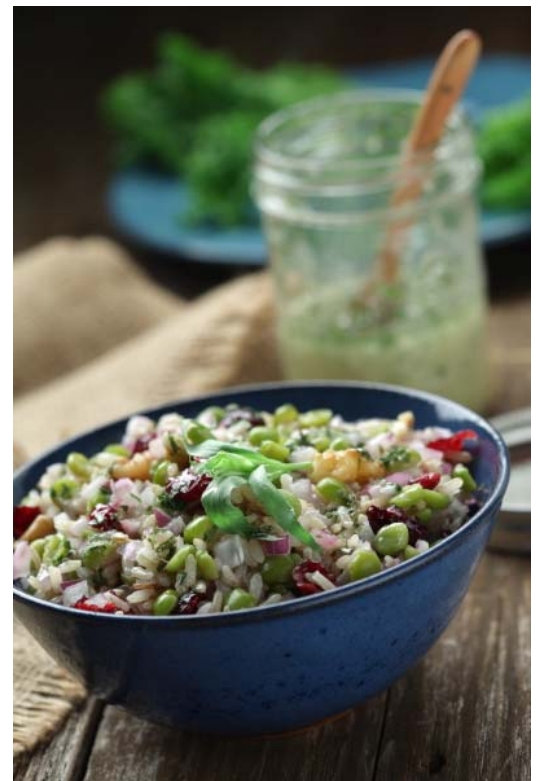
Makes 4 servings

What you need:

- 1 cup (250 ml) cooked brown rice
- 1 cup (250 ml) cooked green split peas
- 1/2 large red onion, minced
- 1/4 cup (50 ml) dried cranberries
- 1/4 cup (50 ml) chopped walnuts (optional)
- Romaine or green leafy lettuce leaves (optional)

Salad dressing:

- 2 tbsp (30 ml) canola oil
- 2 tsp (10 ml) sesame oil
- 3 tbsp (45 ml) white wine vinegar
- 1 tsp (5 ml) Dijon mustard
- 1 tbsp (15 ml) water
- 1/2 tsp (2 ml) dried tarragon
- Pepper to taste



How you prepare:

Cook rice and green split peas according to package directions, drain and rinse. Place the rice in a large bowl. Add split peas, minced onion, cranberries and walnuts (optional). Make a salad dressing and pour over the salad. Serve on a bed of lettuce as an option.

Per serving: (1 cup or 250 ml serving)

- Calories 245
- Carbohydrates 33 g
- Protein 6 g
- Fat 10 g
- Dietary Fiber 3.4 g

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