

BAMBOO RICE SALAD WITH CILANTRO DRESSING



INGREDIENTS

2 lbs **Bamboo Rice**

< <https://inharvestfoodservice.com/products/bamboo-rice/> >

1¼ quarts water

4 cups cilantro, rough chopped

1 cup jalapeños, coarsely chopped, with seeds

1 cup scallions, rough chopped

½ cup lime juice

1½ cup canola oil

1 T kosher salt

6 cups radicchio, 1/4" strips

2 cups radishes, sliced

6 cups baby arugula

2 cups cucumber, unpeeled, half-moon slices

2 cups avocado, diced

DIRECTIONS

1. Bring water to a boil. Add InHarvest Bamboo Rice, return to a simmer and cook, covered, for 12 minutes. Cool completely.
2. In a blender, combine the cilantro, jalapeño, scallion, lime juice, canola oil and salt.

Blend until smooth.

3. Mix cooled rice with radicchio, radish, arugula, cucumber and avocado.
4. Add dressing to the salad and toss to combine.

NUTRITION FACTS

Per serving: 302 cal., 4 g pro., 34 g carb., 3 g fiber, 17 g fat (1 g sat. fat), 0 mg chol., 94 mg. sod., 1 g. sugar