

# Bhutanese Rice, Mango (Salad)

Salad

4 Servings

Prep 0:00 Cook 0:00 Stand 0:00 Total 0:00

Wonderful Salad can never get enough. Raw except for Rice the way I make it

- 1 Bhutanese Red Rice, Can double for flavor**
- 1/2 cup onions, diced fine or**
- 3 scallions, cut diagonally**
- 1 cup chicken , Smoked, (optional)**
- 1 LEMON DRESSING, Recipe**

1 Cup uncooked Bhutanese Rice, boil in 1 1/2 Cups water with pinch of Salt. Simmer 20 min. Fluff in lrg bowl to cool  
add 1 Cup mango seeded & diced  
add 3 scallions cut diagonally (1/2 Cup) or diced Onion

Source: Card

## Amount Per Serving

Calories 157    Calories from Fat 140

Percent Total Calories From:

Fat 89%    Protein 2%    Carb. 9%

Nutrient	Amount per Serving	% Daily Value
Total Fat	16 g	24%
Saturated Fat	2 g	11%
Cholesterol	0 mg	0%
Sodium	211 mg	9%
Total Carbohydrate	3 g	1%
Dietary Fiber	0 g	1%
Sugars	0 g	
Protein	1 g	

Vitamin A 0%    Vitamin C 9%    Calcium 0%    Iron 2%

## Lemon Dressing

*Bhutanese Rice Salad*

4 Servings

Prep 0:00 Cook 0:00 Stand 0:00 Total 0:00

May be doubled for Bhutanese Rice Recipe  
wonderful all raw

- 1/4 cup olive oil**
- 2 tablespoons fresh lemon juice**
- 1 tablespoon tamari, or Soy Sauce**

- 1     teaspoon ginger, grated fresh**
- 1/2   teaspoon lemon zest, grated**
- 1     clove garlic, crushed**

Whisk together all ingredients and add to Rice just before serving

**Amount Per Serving**

Calories 148     Calories from Fat 140

Percent Total Calories From:

Fat 95%     Protein 1%     Carb. 4%

Nutrient	Amount per Serving	% Daily Value
Total Fat	16 g	24%
Saturated Fat	2 g	11%
Cholesterol	0 mg	0%
Sodium	210 mg	9%
Total Carbohydrate	1 g	0%
Dietary Fiber	0 g	0%
Sugars	0 g	
Protein	1 g	

Vitamin A 0%   Vitamin C 7%   Calcium 0%   Iron 1%