

Side Dishes

Wild Rice with Cucumber and Feta

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Cooking Light Magazine - July 2012

Servings: 4

If you can't find precooked wild rice, substitute boil-in-bag or precooked brown rice.

1 package (8.5 ounce) precooked wild rice

1 cup English cucumber, diced

1 1/2 tablespoons olive oil

1 tablespoon fresh lemon juice

2 ounces crumbled feta cheese

1/4 teaspoon pepper

1/4 teaspoon salt

Prepare the rice according to package directions.

In a medium bowl, combine the cooked rice, cucumber, olive oil, lemon juice and feta cheese. Toss to coat.

Stir in the pepper and salt.

Per Serving (excluding unknown items): 87 Calories; 8g Fat (81.4% calories from fat); 2g Protein; 2g Carbohydrate; trace Dietary Fiber; 13mg Cholesterol; 292mg Sodium. Exchanges: 0 Grain(Starch); 1/2 Lean Meat; 0 Fruit; 1 1/2 Fat.