Brown Rice and Smoked Turkey Salad with Apples, Walnuts, and Mint

in a new light

Makes: 8 servings
Prep Time: 30 minutes
Cook Time: 45 minutes
Difficulty: Easy

Ingredients:
- 2 1/2 cups water
- 1 cup brown basmati rice
- 1/4 cup orange juice
- 2 tablespoons apple-cider vinegar
- 2 teaspoons olive oil
- 1 1/2 teaspoons honey
- 1/2 teaspoon five-spice powder
- 1/8 teaspoon salt
- 1/2 pound smoked turkey breast in one piece, cut into 1/2-inch pieces
- 1 Granny Smith apple, cored and cut into 1/2-inch pieces
- 1/4 cup fresh mint, chopped
- 1 stalk celery, diced
- 2 tablespoons walnuts, toasted and coarsely chopped
- 2 tablespoons dried cranberries
- 2 cups baby arugula, coarsely chopped

Directions:

Bring the water to a boil in a medium saucepan. Add rice and simmer, covered, until the liquid is absorbed and the rice is tender, about 45 minutes. Fluff rice with a fork. Let cool 15 minutes.

Whisk together orange juice, vinegar, olive oil, honey, five-spice powder, and salt in a large bowl. Add the cooled rice, turkey, apple, mint, celery, walnuts, and cranberries; toss until well mixed. Add arugula and toss until combined.

Nutritional Information: Per serving (3/4 cup): 170 calories, 4 g fat (1 g saturated, 0 g trans), 15 mg cholesterol, 290 mg sodium, 27 g carbohydrate, 2 g fiber, 8 g protein.

Material reviewed by Diabetes Care and Education, a dietetic practice group of the Academy of Nutrition and Dietetics.

A good balance of the right foods, along with regular exercise and your prescribed medications, can help you feel better and stay healthier. As with any meal, remember to pay attention to portion size and enjoy every dish as part of your overall meal plan. Work with your health care team to determine a meal plan that works for you.