

## Confetti Salad



Serves 5

### Ingredients:

- 2 cups cooked brown rice
- 250 g whole kernel corn
- ½ cup diced green bell pepper
- ½ cup diced red bell pepper
- 4 green onions, chopped
- 1 tsp dried thyme
- 1/3 cup nonfat Italian dressing

### Procedure:

- Combine all ingredients except the dressing.
- Then pour dressing over the mixture and toss well.

**Per serving:**

- Calories: 128
- Protein: 3 gm
- Carbohydrates: 27 gm
- Fat: 1 gm

**Per serving with shrimp:**

- Calories: 213
- Protein: 22 gm
- Carbohydrates: 27 gm
- Fat: 2 gm

The eye appeal of this salad and the crunchy texture is a welcome change from traditional lettuce salads.

You could add 500 g cooked shrimp to the vegetables before tossing with dressing.