



Grilled Veggies & Brown Rice with Asian Vinaigrette

Prep: 20 minutes plus cooling

Grill: 8 minutes • Serves: 4

- 1 pound carrots, halved lengthwise
- 2 large red bell peppers
- 1 large head broccoli, cut into large florets
- Nonstick cooking spray
- $\frac{3}{4}$ cup sliced green onions
- 2 tablespoons white sesame seeds
- 2 packages (8.8 ounces each) ready-to-serve brown rice
- $\frac{1}{2}$ cup favorite Asian sesame vinaigrette or dressing

1. Prepare outdoor grill for direct grilling over medium-high heat. Spray carrots, peppers and broccoli with cooking spray; place on hot grill rack and cook, uncovered, 8 minutes or until grill marks appear, turning occasionally. Transfer vegetables to cutting board; cool slightly.

2. Thinly slice carrots crosswise; cut broccoli into small florets. Cut peppers lengthwise in half, and remove stems and seeds; cut lengthwise into strips. In large bowl, toss vegetables, onions and sesame seeds. Makes about 6 cups.

3. Prepare rice as label directs. Serve half the vegetable mixture over 1 package rice drizzled with $\frac{1}{4}$ cup vinaigrette.

4. In same large bowl, toss remaining half the vegetables, 1 package rice and $\frac{1}{4}$ cup vinaigrette; cover and refrigerate up to 2 days. Makes about $3\frac{1}{2}$ cups.

Approximate nutritional values per serving

($\frac{3}{4}$ cup vegetable mixture, $\frac{1}{3}$ cup rice, 1 tablespoon vinaigrette):

204 Calories, 5g Fat (0g Saturated), 0mg Cholesterol,

329mg Sodium, 36g Carbohydrates, 6g Fiber, 9g Sugars, 5g Protein

Chef Tips

To make your own Asian vinaigrette, whisk $\frac{1}{4}$ cup refrigerated orange juice, 3 tablespoons less-sodium soy sauce, 1 tablespoon each honey and sesame oil, and 1 teaspoon grated fresh ginger. Makes about $\frac{1}{2}$ cup.

For a spicy kick, stir Sriracha or chili paste into bottled or homemade vinaigrette.

Dietitian's Dish

- > Cooking makes the beta carotene in carrots more available for the body to absorb.