Nutritional Facts for Cajun Rice Salad

Serving Size: 1( 59g)

Serving Per Recipe: 4

Amount Per Serving

Calories

Calories from fat 3 10%

Total fat 0.3g 0%

Saturated Fat 0.0g 0%

Cholesterol 0.0mg 0%

Sodium 86.2mg 3%

Total Carbohydrate 33.9g 11%

Dietary fiber 1.5g 6%

Sugars 1.6g 6%

Protein 3.3g 6%

Ingredients

150 g long-grain rice

40 g red peppers, chopped

40 g yellow peppers, chopped

25 g tinned mild green chilies, chopped finely

40 g red onions, chopped finely

1 -2 stick celery, chopped finely

creole vinaigrette

Tabasco sauce (optional)

4 spring onions, chopped finely

1 small bunch parsley, chopped finely

History

Cajun food originates from the extremely poor refugees and farmers who were deported by the British from Acadia in Canada to the Acadiana region of Louisiana. The new French- speaking immigrants would cook whatever fresh food was ready and available to them and this tradition is still alive today, you eat what you catch!

As the Cajun community is so close to the Gulf of Mexico, seafood is often used including; crabs, oysters, crawfish and depending on location alligator is also on the menu!

Cajun food is usually ‘stretched’ with rice and pulses mixed with the ‘Holy Trinity’ of vegetables; bell peppers, onion and celery, not forgetting the spices that make any Cajun dish truly authentic, including cayenne pepper and garlic.