

Colorful Brown Rice Salad

Serves: 4 people

Preparation time: 15 minutes

Cooking time: 40 minutes

Ingredients

Dressing

- 2 tablespoons of lime juice
- 1 teaspoon of Dijon mustard
- 2 teaspoons of brown sugar or honey
- 1/4 teaspoon of salt
- A pinch of ground black pepper
- 3 tablespoons of olive oil

Salad

- 1 cup of uncooked brown rice
- 2 cups of vegetable broth or 2 cups of water
- 1 cup of grated carrots
- 1/4 cup of diced yellow bell pepper
- 1 cup of steamed green peas
- 1/2 cup of shredded red cabbage
- 2 green onions
- 1/4 cup of fresh chopped parsley or cilantro
- 1 cup of chopped baby spinach
- 1/4 cup of green olives

Instructions

1. Rinse brown rice with cold water and drain well.
2. In a one-quart pot, add in the rice. Toast the rice over medium high heat and stir constantly for 1 to 2 minutes.
3. Add the broth to the pot and stir. Bring the mixture to a boil, then cover the pot and lower the heat to low. Simmer for 30 minutes. Once all the liquid is absorbed, turn the heat off and keep covered for 5 to 10 more minutes.
4. Put the cooked brown rice to the side while you prepare the rest of the salad.
5. In a large mixing bowl add lime juice, mustard, brown sugar, salt and pepper and mix with a whisk or fork. Add olive oil and mix until creamy.



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6. Add carrots, sweet peas, chopped bell peppers, shredded red cabbage, green onion, parsley, spinach and olives and mix.
7. Add cooked rice and mix well until well combined. Serve at room temperature. Store in airtight containers, refrigerate and use within 4 days.

