

BROWN RICE SALAD WITH SUMMER VEGETABLES

Serves: 18

SALAD:

7 1/2 cups water
1 teaspoon salt
3 cups brown rice, uncooked
2 medium zucchini, chopped
6 green onions, minced
1 cup fresh parsley, chopped
3 large tomatoes, chopped
1/2 teaspoon black pepper

DRESSING:

3/4 cup canola oil
2/3 cup cider vinegar
2/3 cup lemon juice
3 Tablespoons thyme, minced
or 3 teaspoons ground thyme

1. In heavy saucepan, combine water and salt; bring to a boil over high heat.
2. Stir in rice. Return water to boil. Cover; reduce heat to simmer until water is absorbed and rice is tender and fluffy, about 45 minutes. Do not lift lid during cooking.
3. Let cool. Transfer to medium bowl and fluff rice with fork. Chill until ready to use.
4. Before serving, add zucchini, green onion, parsley, tomatoes, and pepper to rice and mix well.
5. Combine all ingredients for dressing in small bowl and blend well.
6. Pour over rice and toss lightly with fork to mix.

TIP:

- This gives you one serving each of whole grains and vegetables.

Nutrition Facts: Serving size: 1 cup; Calories: 210; Fruits and Vegetables: 1; Fat: 10g; Fiber: 2g