

Brown Rice Salad with Summer Vegetables

Serves 12

SALAD:

7½ cups water
1 teaspoon salt
3 cups brown rice, uncooked
2 medium zucchini squash, cut
6 green onions, minced
1 cup fresh parsley, chopped
½ teaspoon black pepper
3 large tomatoes, chopped
Other favorite vegetables (optional)
Lettuce leaves

DRESSING:

1¼ cups vegetable oil
3 tablespoons chervil, minced (optional)
⅔ cup lemon juice
3 tablespoons thyme, minced
¼ cup capers, chopped (optional)
⅔ cup cider vinegar

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 very low and simmer until water is absorbed and rice is tender and fluffy, about 45 minutes. Do not lift lid or stir rice again during cooking.
3. Let cool. Transfer to medium bowl and fluff rice with fork. Chill until ready to use.
4. Just before serving, add zucchini, green onion, tomato, other vegetables (optional), parsley, and pepper to rice and toss lightly.
5. Combine all ingredients for dressing in small bowl and whisk until well blended.
6. Pour over rice and toss lightly with fork to mix.
7. Arrange lettuce on salad plates.
8. Spoon rice mixture evenly onto leaves.

Nutrition Facts:

Serving size: cup; Calories: 160; Fruits and Vegetables: 1 serving; Fat: 2 g; Fiber: 7 g

