

Brown Rice Salad

Crisp carrots, cucumbers, radishes and celery combine with fresh basil, mint and parsley in this honey-Dijon-dressed rice salad. Serve chilled or at room temperature, this versatile dish is perfect for al fresco dining alongside your choice of protein.

Ingredients

2 ½ cups cooked, long-grain brown rice
½ cup chopped carrots
½ cup chopped seedless cucumber
½ cup sliced radishes
½ cup chopped celery
½ cup chopped red onion
1 cup fresh or frozen (thawed) peas
¼ cup chopped fresh parsley

Dressing:

¼ cup chopped basil
¼ cup chopped mint
1 tbsp honey
2 tbsp extra-virgin olive oil
3 tbsp lemon juice
1 tsp Dijon mustard
½ tsp red pepper flakes
¼ tsp sea salt



Preparation

1. For dressing: place all ingredients into small bowl and whisk until combined.
2. Place salad ingredients into a large bowl and pour dressing over top. Toss gently to combine.
3. Cover bowl and place in fridge to chill and allow flavours to meld. Allow to set for 1-2 hours.
4. If you would like to eat the salad at room temperature, remove the salad from the fridge 30 minutes before serving. Serves 6.

This salad would be great served alongside:

- *Grilled, skinless bone-in chicken breast*
- *Shrimp skewers*
- *Grilled pork loin chops*
- *Tofu marinated in sweet teriyaki sauce*

Nutrition (per serving)

180 calories, 6g fat (1g sat.fat), 4g protein, 29g total carbohydrates, 4g fibre, 6g sugar, 0mg cholesterol, 170mg sodium