# **RECIPE MAKEOVER**

## **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.

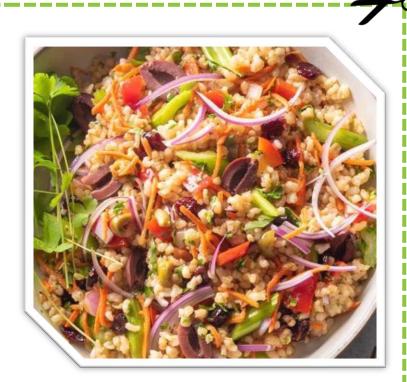
### **Brown Rice Salad**

#### Makes 6 servings

#### Ingredients

2½ 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

For Dressing: 1/4 cup chopped basil 1/4 cup chopped mint 1 tbsp honey 2 tbsp extra-virgin olive oil 3 tbsp lemon juice 1 tsp Dijon mustard 1/2 tsp red pepper flakes 1/4 tsp sea salt





#### Directions

- 1. To make dressing, place all ingredients into a small bowl and whisk until combined.
- 2. Add all salad ingredients into a large bowl. Pour in the dressing and toss gently to combine.
- 3. Cover the bowl and place it in the fridge to chill for 1 to 2 hours to allow flavours to meld.
- 4. If you would like to eat the salad at room temperature, remove the salad from the fridge 30 minutes before serving.

Nutritional Information Per Serving: Cal. 180 | Fat 6g (1g Sat. Fat) | Carb. 29g | Protein 4g | Fibre 4g | Sodium 170mg

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