

Brown Rice al Fresco Salad

Makes 6 servings

Crisp carrots, cucumbers, radishes, and celery combine with fresh basil, mint and parsley to make an unusually lively rice salad in this Whole Foods Market recipe.

Salad Ingredients

- * 2-1/2 cups long-grained brown rice, cooked
- * 1/2 cup carrots, diced
- * 1/2 cup seedless cucumber, diced
- * 1/2 cup (around 5 to 6 medium) radishes, diced
- * 1/2 cup celery, diced
- * 1/2 cup red onion, diced
- * 1 tablespoon garlic, minced
- * 1 cup frozen peas
- * 1/4 cup fresh basil leaves, torn into 1/2 inch pieces
- * 1/4 cup fresh mint leaves, chopped
- * 1/4 cup Italian parsley, chopped

Vinaigrette Ingredients

- * 1 tablespoon honey
- * 2 tablespoons extra virgin olive oil
- * 1/2 cup fresh squeezed lemon juice
- * 1 tsp Dijon mustard
- * 1/2 tsp chili pepper flakes
- * 1/4 tsp sea salt

In a large bowl, mix the rice, vegetables, and herbs. In a small bowl, mix the vinaigrette ingredients. Drizzle the rice, vegetables and herbs with the dressing and mix well. Serve chilled or at room temperature.

<http://www.meatlessmonday.com/brown-rice-al-fresco-salad>