Crunchy Rice Vegetable Salad

A combination of crisp raw vegetables, chewy brown rice, and a zesty basil dressing results in a salad with contrasts of texture, taste and color. In plant-based meals rice salads star as main dishes. Serve the salad with oven roasted potato wedges, whole grain rolls and seasonal fresh fruit for a satisfying and nourishing meal.

3 cups cooked short-grain brown rice
2 medium carrots, thinly sliced
1/2 cup thinly sliced green onion
1 small green pepper, chopped
1 stalk celery, thinly sliced
1 cup chopped parsley
2 Roma tomatoes, diced (squeeze out seeds)
1 thin cucumber, peeled and chopped (remove large seeds)

Basil Dressing: Whisk together:

1/4 cup seasoned rice vinegar (such as “Nakano” brand)
2 tablespoons olive oil
1-2 medium cloves garlic, crushed (or 1/4 tsp. garlic powder)
1 teaspoon salt
1-1/2 teaspoon ground dried basil
1/2 teaspoon dry mustard
1/2 teaspoon sugar
1/8 teaspoon pepper (optional)

Mix rice and vegetables in a bowl. Whisk dressing ingredients together in a separate bowl. Pour dressing over salad and mix well. Refrigerate while flavors blend.

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