



Brown Rice Salad

Serves six

- 4 cups of cooked, cold brown rice
- 1 carrot – peeled and julienne
- 1 small bell pepper – cut into thin strips
- 2 scallions – chopped (white, light green and dark green)
- 1 Bok Choy leaf and stem chopped OR some snap peas or snow peas cut diagonally
- 1 TBS chopped cilantro
- 1/2 cup salted, roasted peanuts – chopped
- 1 garlic clove – minced
- 1/4 cup low sodium soy sauce
- 2 TBS brown sugar
- 2 TBS rice or white vinegar
- 1 tsp. sesame oil
- 1 tsp. lemon zest
- 1 tsp. fresh grated ginger
- 1 small lemon -- juiced

Mix the rice with the carrots, bell pepper, scallions, Bok Choy (or snap peas or snow peas), cilantro and peanuts in a bowl.

Sprinkle some salt on the minced garlic and smash it with the back of spoon until you have a paste.

Place the soy sauce in a small bowl and add the mashed garlic. Add the sugar, the vinegar, the oil, the lemon zest, ginger and the lemon juice. Whisk the dressing.

Add the dressing to the rice salad and toss until mixed. Place the bowl in the fridge and chill for a minimum of an hour before serving. Enjoy.

CALORIES 271.08; FAT 8.36 grs (sat 1.39; mono 3.81; poly 2.59); PROTEIN 8.25 grs ; FIBER 1.84 grs; CARBS 42.56 grs; CHOLESTEROL 0.00 mg; IRON 1.93 mg; SODIUM 478.13 mg; CALCIUM 72.42 mg