



Nutty Brown Rice Salad

Jacob · 30/09/2024



Prep Time

1 hr 20 mins

Difficult

Medium

Servings

2 hrs 30 mins

Description

This delicious cold rice salad has the great flavors of brown rice fresh veggies and chopped raw almonds This has replaced high fat low nutrition picnic salads in this household

Ingredients

- - 1 cup uncooked brown rice - 1 ½ cups water - 1 (15 ounce) can kidney beans
- rinsed and drained - ¼ cup chopped red onion - ¼ cup sliced fresh mushrooms - ¼ cup bite-size broccoli florets - ¼ cup chopped green bell pepper - ¼ cup chopped red bell pepper - ¼ cup chopped yellow bell pepper - 2 tablespoons chopped raw almonds - ¼ teaspoon coarse black pepper - 2 tablespoons fat free Italian-style dressing - 1 tablespoon extra-virgin olive oil

Instructions

1. Combine the rice and water in a small saucepan; bring to a boil over high heat. Cover
2. and reduce the heat to medium-low. Simmer until the rice is tender
3. and the liquid has been absorbed
4. 45 to 50 minutes. Remove from heat and allow to cool. Place cooled rice in a large bowl. Stir in the kidney beans
5. red onions
6. mushrooms
7. broccoli
8. bell peppers
9. and almonds; season with pepper. Toss salad with the Italian dressing and olive oil. Chill for at least one hour before serving.