

## Confetti Brown Rice Salad

Who knew brown rice could make such a tasty salad ingredient?

### Ingredients:

- 1 cup of brown rice
- 1¾ cup water
- ½ teaspoon salt
- ¼ cup toasted pine nuts
- ¼ cup olive oil
- ¼ cup lemon juice
- 3 tablespoons chopped fresh mint
- 3 tablespoons chopped fresh Italian parsley
- ¼ cup golden raisins
- ⅓ cup crumbled feta cheese

### Preparation:

Place rice in a 2-quart pot. Add water and salt. Bring to boil, lower heat and simmer with lid on until all water is absorbed (15 to 20 minutes). Don't stir the grain while it is cooking. Test for doneness by tilting the pan to one side, making sure all of the water has been absorbed. Remove lid and let rest 5-10 minutes. Dry-toast pine nuts in skillet or 300-degree oven until they begin to change color and give off aroma. Combine olive oil, lemon juice, mint and parsley in a large bowl. Add raisins and toasted pine nuts and toss. Using a fork, add cooked warm rice a little at a time. Crumble feta over the top. Toss well. Serve at room temperature.

Yield: 6 servings (serving size: 1/2 cup)

#### Nutritional Data Per Serving

- Calories: 183
- Fat: 9 grams (14% of calories)
- Cholesterol: 6 milligrams
- Sodium: 221 milligrams

