

## Recipe – Brown Rice and Veggie Salad

### Ingredients:

- 2 cups brown rice, cooked according to package
- 2/3 cup pine nuts, toasted
- 1 bunch parsley, chopped
- 6 carrots, chopped
- 4 celery stalks, chopped
- 2 red peppers, chopped
- 4 tomatoes, chopped
- 2 cups mung bean sprouts
- 2 TBS tamari (wheat free soy sauce)
- 2 lemons, juiced or 1/3 cup white balsamic vinegar
- ¾ cup olive oil
- pepper to taste

### Directions:

Cook brown rice according to package and cool

Toast pine nuts

Add brown rice and pine nuts to a large bowl

Add parsley, carrots, celery, red peppers, tomatoes and mung bean sprouts

Mix dressing in a separate bowl... tamari, lemon juice or white balsamic vinegar, olive oil and pepper

Stir briskly and add to rice and veggie salad