

SPINACH PECAN BROWN RICE SALAD

Ingredients

For the Salad:

- 3/4 C Pecans halves
- 1 C Short Grain Brown Rice
- 2 C Water
- 1 C Green Bell Pepper, diced (1 large)
- 3/4 C Black or Green Olives, whole then sliced
- 1/4 C Purple Onion, (small) dice
- 2 C Fresh Spinach, chopped into bite size pieces
- 1/2 C Feta Cheese, crumbled (optional)
- 1/4 C Parsley, chopped

For the Dressing:

- Zest of one Lemon
- 3-4 Tbs Lemon Juice, adjust to taste
- 2 Tbs Extra Virgin Olive Oil
- Fresh Ground Pepper to taste
- 1/4 tsp Sea Salt + more to taste

Instructions

1. Preheat oven to 350F. Toast the pecans for 13-14 minutes, or until fragrant and slightly darker. Set aside to cool. Chop into small pieces.
2. Combine the brown rice and water in a stock pot and bring to a boil. Stir once, put the lid on and cook on low for about 30 minutes. Let rice sit uncovered for 5 minutes, stir again, then spread it out on to a parchment lined sheet pan to cool in the freezer for at least 1/2 hour. The rice can be made one day ahead and chilled overnight.
3. Combine the rice, pecans, bell pepper, olives, onion, spinach, feta and parsley. Set aside.
4. To make the dressing, squeeze the lemon juice and zest into a bowl, whisk in the olive oil, salt and pepper. Pour the dressing over the salad and toss well.
5. For best flavor, chill for at least 1/2 an hour then serves. Store in a lidded container in the refrigerator for up to three days.

