

Recipe – Rice Salad

Ingredients:

- 2 cups short grain brown rice, cooked according to package directions with
- one piece Konbu
- ½ bunch parsley, chopped
- ½ cup dried apricots, chopped
- ½ cup peanuts or other toasted nut, chopped
- 1 cup finely shredded red cabbage
- 1 TBS cider vinegar
- 4 TBS olive oil
- juice of 1 lime
- juice of one orange
- salt and pepper to taste

Directions:

Let the rice cool a bit, remove konbu

Combine rice with parsley, apricots, nuts and cabbage

Blend a dressing with the remaining ingredients and fold it into the salad