



MEDITERRANEAN RICE SALAD

Servings: 10

Ingredients

- 2 cups prepared, cooked black rice cook according to package directions, can sub other rice
- 4 cloves garlic
- 1 Tbsp. sumac
- 2 tsp. dried mint
- 1/2 cup olive oil
- 1/2 cup fresh lemon juice
- 2 tsp. kosher salt
- 1/2 red onion, diced
- 1/2 large English cucumber, chopped
- 4 large radishes, chopped
- 1 large red pepper, chopped
- 1 small bunch Italian parsley, chopped
- 1 cup cherry tomatoes

Directions

1. Prepare your rice according to package directions. Let cool overnight in the fridge.
2. In a large bowl, pound your cloves of garlic using a mortar. Add in your sumac and dried mint. Add your lemon, olive oil and salt and whisk mixture all together. Add your rice to your dressing mixture.
3. Prepare your vegetables, chopped in small pieces and add to salad.
4. Mix salad to incorporate dressing and vegetables well.
5. Enjoy as is or top with chicken, salmon or other protein to create a full meal.

