

Whole-Grain Salad

Serves: 6

Ingredients

1/2 yellow bell pepper, cut in bite-size pieces	3 cups cooked (and cooled) brown rice*
1/2 tomato, seeded, cut into bite-size pieces (optional)	Salt and freshly ground black pepper, to taste
1/4 cup chopped radish (may substitute with sliced water chestnuts)	Juice of 1 lime
1/4 cup chopped scallions	2 Tbsp. extra virgin olive oil
1/4 cup finely chopped dried fruit (apricots, raisins, dates or cherries)	2 Tbsp. finely chopped (or 2 tsp. dried) chives or flat-leaf parsley
2 Tbsp. toasted pine nuts (or chopped almonds or walnuts)	2 Tbsp. finely chopped (or 2 tsp. dried) mint or cilantro
3 oz. part-skim mozzarella cheese, diced	

Directions:

- In a large bowl place bell pepper, tomato, radish, scallions, dried fruit, nuts and cheese. Mix lightly with fork. Season to taste with salt and pepper.
 - Fluff cooled grain with a fork and season to taste with salt and pepper. Add to the bowl of salad ingredients, mixing it in lightly with fork.
 - Pour lime juice, oil and herbs into a small container with a tight-fitting lid. Cover and shake well until combined. Drizzle over the salad and mix lightly with a fork. Serve or refrigerate, covered, up to 2 days.
- * May substitute couscous, bulgur or quinoa.

Nutrition per serving: 230 calories, 9 g total fat (3 g saturated fat), 28 g carbohydrate, 7 g protein, 3 g dietary fiber, 130 mg sodium