

Brown Basmati Rice Salad

Ingredients:

1 cup brown basmati rice, rinsed
1½ cups water
Pinch of sea salt
½ cups golden raisins, rinsed
½ red onion, diced
1 can of chickpeas, blanched
1 cup of cucumber, seeded and diced
Roasted pine nuts for a garnish

Preparation of Rice:

1. Rinse the rice and put in saucepan.
2. Bring water to a boil and add sea salt. Cover, place flame deflector under the pot and simmer 35 minutes. Let stand for 10 minutes.
3. Fluff out when done.

Preparation of Balsamic Herb Dressing

½ tsp. oregano
½ tsp. thyme
1 tsp. natural mustard, Westbrae Brand
½ tsp. sea salt
1/3 cup balsamic vinegar
1/3 -2/3 cup olive oil (depending on how you want it)

Preparation of Pine Nuts:

Heat a dry skillet over medium heat. Add pine nuts and pan roast, stirring, until lightly browned and fragrant. Transfer to a small bowl to cool.

Blanching of the chickpeas:

Bring a pot of water to a boil. Add a pinch of sea salt and then add the chickpeas. Keep them in the water for approx. 1-2 minutes and scoop them out of the water. Drain any excess water and let them cool.