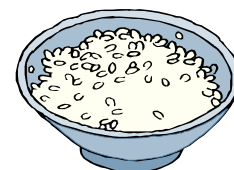


# Summer Rice Salad



1. In a pot, bring to a boil:

water 3 cups

2. Add:

rice 1 ½ cups

Bring to a boil. Cover pot with lid and reduce heat to low. Cook for 20 minutes without lifting the lid. If you are using brown rice, the cooking time will be 40 minutes.

3. In a large bowl, mix:

vegetable oil	2 tablespoons
vinegar	3 tablespoons
basil	1 ½ teaspoons
thyme	½ teaspoon
pepper	½ teaspoon
salt	¼ teaspoon

4. To the large bowl, add:

cooked rice, cooled	
pinto beans, rinsed	1 can (398 ml)
green pepper, chopped	1
tomato, chopped	1
green onion, chopped	3

Mix ingredients well.

**Serves 4**

***Try rice salad in a pita pocket!***

Source: Quick Healthy Recipes, 1993; Retested and altered, May 2009

Courtesy of Healthy Start for Mom & Me, Winnipeg Tel: 204-949-5350 Website: [www.hsmm.ca](http://www.hsmm.ca)

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