

SALAD - BROWN BASMATI RICE WITH APPLES AND WALNUTS

Prep Time: 15 minutes

1/4 tsp black pepper

Yield: 8 servings

1/3 cup walnuts

1/4 tsp ground nutmeg

2 Tbsp. extra virgin olive oil

4 cups cooked brown basmati rice

Zest from one orange

1/2 cup dried cranberries

1/2 cup orange juice

1 apple (I use Fuji for crispness) cut into 1/4" pieces

2 Tbsp apple cider vinegar

3 stalks of celery, cut into 1/4" slices

1/2 tsp sea salt

5 or 6 pale green celery leaves,
chopped
4 sprigs parsley, chopped

Roast the walnuts in a preheated 350° oven for 5 to 7 minutes. Chop coarsely and set aside. In a large bowl, combine the olive oil, orange zest, orange juice, vinegar, sea salt, pepper, and nutmeg. mix well. To this mixture, add the rice, cranberries, apple, celery, and celery leaves. Also add the parsley and chopped walnuts. Toss all together until the salad is well-mixed.