

Brown Rice Salad #1

4 cups cooked brown rice

½ cup sweet corn, removed from the cob

½ cup sweet green peas

¼ cup carrots, sliced in thin matchsticks

¼ cup celery, diced

Pinch of sea salt

Brown rice vinegar

Place about 1 inch of water in a pot and bring to a boil. Add the sweet corn, and boil for 2 to 3 minutes or until tender and sweet. Remove, drain, and allow to cool. Next, place the fresh green peas in the same boiling water that the corn was cooked in. Cover, and boil several minutes, until tender and bright green in color. Remove, drain, and allow to cool. Place the carrots in the boiling water, cover, and simmer 1 to 2 minutes. Remove, drain, and allow to cool. Then place the celery in the same boiling water, cover, and simmer 1 to 2 minutes. Remove, drain, and allow to cool.

Mix all the vegetables together in a bowl. Add a pinch of sea salt, and sprinkle brown rice vinegar over them. Mix well, and allow to marinate for about 30 minutes. Mix the vegetables together with the cooked brown rice so that they are evenly distributed throughout the rice. Place the salad in a serving bowl and garnish. The salad may be served room temperature or slightly cool.