

Garden Rice Salad

3 cups cooked brown rice*

1 cup quartered cucumber slices

1 can (15 oz.) black beans, drained, rinsed

2 ripe tomatoes, cored and cubed

1/2 cup chopped red onion

2 Tbsp chopped fresh parsley

1 Tbsp olive oil

3 Tbsp flavored vinegar 4 cups ready-to-serve lettuce

Himalayan salt and seasonings to taste

Get creative! Toss all ingredients, except the lettuce, together in a large mixing bowl. Line 4 plates with lettuce and serve the rice salad on top.

*Speed tip - use instant brown rice. Total Preparation & Cooking Time: 20 min (5 min Prep, 15 min Cook)