Greek Rice Salad

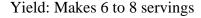
Alice Henneman, MS, RD, UNL Lancaster County Extension



Cooked brown rice can be stored, covered tightly, in a shallow container in the refrigerator for 3 to 5 days or in the freezer for 6 months according to the USA Rice Federation. Make a larger batch and use throughout the week and/or freeze for later use. Here's a quick, delicious recipe to make from cold, cooked brown rice.

Greek Rice Salad

Source: Courtesy of USA Rice Federation. For more good-tasting rice recipes, go to www.usarice.com



- 3 cups cooked medium grain brown rice
- 1 cup red grape tomatoes; sliced in half
- 1/3 cup pitted Kalamata olives, sliced
- 1/4 cup Feta vinaigrette dressing
- Salt and freshly-ground pepper to taste
- Romaine leaves

Combine rice, tomato halves, olives and vinaigrette in a large mixing bowl. Season with salt and pepper. Serve with whole Romaine leaves, which can be used like taco shells to hold filling. Alternatively, arrange Romaine leaves on a platter and place rice mixture on top of greens. Chill.

Alice's Notes:

For an Italian Rice Salad, you might try substituting an Italian oil/vinegar-type dressing and green olives for the Feta vinaigrette dressing and the Kalamata olives.



