

Recipe

Confetti Rice Salad

By Mary McDougall

Serves: 6-8 | Prep Time: 15 min

Ingredients

- 2 Cups** Cooked brown rice
- 2 Cups** Frozen corn kernels, thawed
- 1** Tomato, coarsely chopped
- 1/2 Cup** Green pepper, chopped
- 1/2 Cup** Green onions, chopped
- 2.25 Ounce Can** Sliced black olives, drained
- 1/4 Cup** Fresh dill weed, chopped
- 1/2 Tsp** Dijon-style mustard
- 2 Tbsp** Water
- 2 Tbsp** Wine vinegar
- 1 Tbsp** Soy sauce (optional)
- Several Dashes** Tabasco sauce

Directions

1. Mix brown rice, corn, tomato, green pepper, green onions, olives and dill weed in a large bowl.
2. Set aside.
3. Place the mustard in a small jar. Add 1 tablespoon water and mix until it is smooth. Add remaining water, vinegar, soy sauce and Tabasco. Mix well. Pour over salad. Toss well to mix.



RECIPE HINT: Cover and chill for at least 2 hours before serving for best flavor.

If you're in a rush, it may also be served soon after mixing. This has been a favorite salad of ours for years. It is wonderful to take to a picnic or potluck because everyone loves it.

6 Servings | Total Time: 20 Minutes Nut-Free, Dairy-Free, High-Protein, Soy-Free