

Quick Summer Salad

Karen Kremer

Ingredients

3 cups cooked brown rice

1 1/2 cups freshly shelled peas

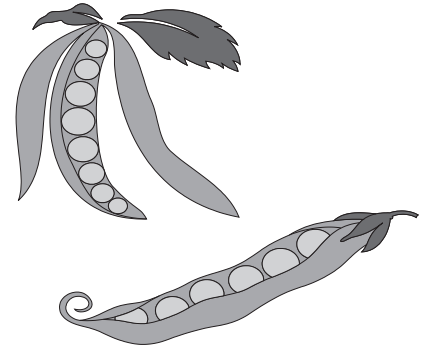
3 tablespoons minced fresh parsley

1/3 cup finely diced carrots

1/2 cup diced radishes

3 tablespoons chopped green onion

1/4 cup of your favorite Dijon mustard or vinaigrette salad dressing



Directions

Briefly blanch the peas in boiling water, then drain.

Combine rice, peas, parsley, carrots, radishes and green onions in a bowl.

Add salad dressing and mix well.

Chill salad for at least an hour before serving.