

## Shrimp & Vegetable Red Rice Salad

HANDS-ON TIME: 45 min

TOTAL TIME: 45 MIN; SERVES 6: 1 1/3 cup each

### Ingredients:

- 1 cup red rice or other whole-grain rice
- 6 Tbsp extra virgin olive oil
- 4 Tbsp rice vinegar
- 3 Tbsp finely chopped shallot
- 3 Tbsp chopped fresh parsley (optional)
- 1 1/2 Tbsp Dijon mustard
- 3/4 tsp salt
- Fresh ground pepper to taste
- 2 cups cooked medium shrimp, chopped, or one 15-oz can chickpeas, rinsed
- 2 cups packed coarsely chopped baby spinach
- 2 cups halved cherry tomatoes
- 1 cup thinly sliced sugar snap peas
- 1 cup diced radishes
- 1/2 cup crumbled feta cheese



**Instructions:** *Bhutanese red rice has a nutty taste and pleasant chewy texture, but any type of rice will work in this salad. Check package directions: depending on the variety, red rice cooks for 20 to 50 minutes.*

1. Prepare rice according to package directions.
2. Meanwhile, whisk oil, vinegar, shallot, parsley, mustard, salt and pepper in a large bowl.
3. When the rice is done, stir 1/2 cup of the vinaigrette into it, then spread it on a baking sheet and let cool to room temperature.
4. Add the cooled rice to the remaining vinaigrette along with shrimp (or chickpeas), spinach, tomatoes, peas, radishes and feta; gently stir to combine.

CAL 328 | FAT 17G (SAT, 4G) | CHOLESTEROL 95MG | CARBS 30G | SUGARS 3G |  
PROTEIN 16G | FIBER 3G | SODIUM 522MG | POTASSIUM 387MG

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