









Mediterranean Salad with Rice



INGREDIENTS Salad:

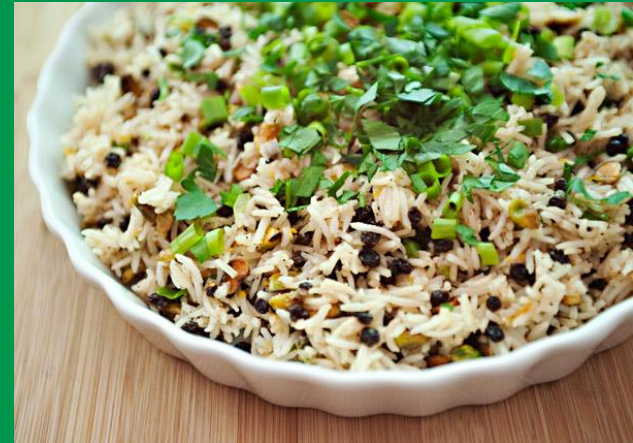
-  1 (15 oz) can garbanzo beans
-  1 (14 oz) can artichoke hearts, drained and quartered
 - 1 small cucumber, peeled and chopped
 - 1/2 bell pepper, deeded and chopped
-  1/3 cup fire roasted diced tomatoes with garlic, drained
 - 1/4 cup chopped black or green olives
 - 1/4 cup fresh cilantro
 - 2 tbsp fresh basil

INGREDIENTS Dressing:

- 1 lemon, juiced and zested
-  1 tbsp red wine vinegar
-  1 tsp sugar
-  1/4 cup olive oil

INGREDIENTS Rice:

-  1 cup brown rice
 - 1-1/2 cups water
-  1 (8 oz) can tomato sauce



INSTRUCTIONS:

In a heavy bottomed pan, add rice, water and tomato sauce. Bring to a boil, cover and simmer for about 50 minutes. Once rice is cooked, allow to cool completely. Mix together fire roasted diced tomatoes, rice, beans, artichoke hearts, chopped vegetables, olives and herbs in a large bowl. Whisk dressing ingredients together in small bowl. Toss salad with dressing before serving.