

## Brown Rice, Chickpea and Mustard Green Salad

Recipe by Danielle Premo

A few simple ingredients make this salad one of those satisfying meals that leaves you feeling satiated but energized. This is one of my favorite dishes that I crave at least once a week.

**Preparation time: 20 minutes**

**Cooking time: 1 hour**

### Ingredients

- 1 ½ cups short grain brown rice
- 8 cups water, divided
- ¼ teaspoon salt
- 2 bunches mustard greens
- 1 ½ tablespoons salt
- 3 tablespoons balsamic vinegar
- ¼ teaspoon honey
- ¼ teaspoon salt
- ¼ teaspoon pepper
- 1 tablespoon olive oil
- 2 carrots, finely diced in rounds
- ¾ cup pitted black olives, diced

### Directions

1. Add the brown rice to a pot with 2 cups water and ¼ teaspoon salt. Bring to a boil and then reduce to a simmer. Cook for 40 to 45 minutes, checking after 40 to see if water is still at the bottom of the pot. When cooked, remove from the heat, leaving the lid on, and let sit for 10 minutes. Fluff with a fork.
2. Rinse and de-stem the mustard greens while you bring 6 cups of water and 2 tablespoons of salt to a boil. Chop the mustard greens into 1-inch squares and place in the boiling water for 1 to 2 minutes. Use a wooden spoon to keep the greens submerged in the water. Strain the water and leave the greens in the colander. Run cold water over it to cool, then wring out the excess water and set aside.
3. To make the dressing, place the balsamic, salt and pepper in a bowl and whisk together. Continue whisking while you slowly drizzle the olive oil in to emulsify.
4. When the rice is done, add to a large bowl with the garbanzo beans, mustard greens, olives and carrots. Toss with the dressing before serving.

Serves 4 to 6

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