

Nutty Brown-Rice Tabbouleh

Recipe by Kelsey Perusse

*modified from Food&Wine.com

Ingredients

1 cup brown basmati rice, cooked
1/4 cup dried cherries
1/4 cup pine nuts
2 tablespoons extra-virgin olive oil
1 tablespoons fresh lemon juice
1 teaspoon lemon zest
1 cup chopped parsley
1/2 cup chopped cilantro
1/4 cup chopped mint
1/4 cup salted toasted sunflower seeds
1/2 cup cherry tomatoes, halved
Salt and freshly ground pepper

Directions

1. Preheat the oven to 350°.
2. Spread the pine nuts on a baking sheet and toast until golden, about 5 minutes.
3. In a large bowl, whisk the oil with the lemon juice. Add the rice, cherries, pine nuts, parsley, cilantro, mint, sunflower seeds and tomatoes to the dressing.
4. Toss well, season with salt and pepper and serve.

Class recipes can be found at www.evergreenhealth.com/recipes