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Wild and Brown Rice Salad

Ingredients:

- 1 tbsp. olive oil
- 1 1/2 tbsp. balsamic vinegar
- 1 tsp. lemon juice
- 1 tsp. Dijon mustard
- 1 1/2 cups wild rice (cooked)
- 3 cups brown rice (cooked)
- 1 red pepper, finely diced
- 1 stalk celery, finely diced
- 1/2 cup cucumber, finely diced
- 1 large carrot, shredded
- 2 tbsp. sunflower seeds
- 2 tbsp. slivered almonds

Directions:

1. Combine olive oil, balsamic vinegar, lemon juice, and mustard together in a small bowl to form dressing.
2. Place rice, vegetables, seeds, and nuts together in a bowl; stir until mixed.
3. Drizzle with dressing, toss to coat, and then serve immediately.