



*Dairy Free • Gluten Free
Nut Free • Vegetarian
Egg Free • No Added Sugar*

Mediterranean Salad



LIVE WELL
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Mediterranean Salad

INGREDIENTS

1½ cups dry brown rice
¼ cup olive oil
1 lemon, juiced
2 cloves garlic, minced
2 cups cherry tomatoes
1 cup olives, pitted and halved
1 cup chickpeas, drained
½ red onion, diced
3 tablespoons fresh parsley, chopped
Salt and pepper to taste

DIRECTIONS

1. Cook rice according to package instructions and let cool.
2. In bowl, mix together olive oil, lemon juice, and garlic.
3. In a separate bowl, mix cooled brown rice and all other ingredients.
4. Stir in olive oil mixture.
5. Refrigerate at least 1 hour before serving.

TIPS

- If using bottled lemon juice, start with 2 tablespoons and add more if desired.

Main Dish, Side Dish | Serves 6