



PHOTOGRAPH: JAMES BAIGRIE

## Roasted Red Pepper Rice Salad

*This lively salad is a great serve-along for grilled or broiled chicken, burgers or chops. To make it as eye-catching as it is delicious, select a colorful mix of rices.*

**5½ cups water**  
**1¾ tsp salt**  
**2½ cups uncooked brown  
and/or wild rice**  
**2 bottled roasted red bell  
peppers, cut into ½-inch  
pieces**

**3 green onions, thinly sliced**  
**⅓ cup coarsely chopped fresh  
flat-leaf parsley**  
**3 tbsp red wine vinegar**  
**1 tsp sugar**  
**½ tsp ground black pepper**  
**⅓ cup extra virgin olive oil**

- 1.** In a large saucepan, combine water and 1 tsp salt; bring to a boil. Stir in rice and simmer, covered, 35 minutes. Remove from heat and let stand, covered, 15 minutes. Transfer to a bowl; cool slightly. Add roasted peppers, green onions and parsley; toss gently to combine.
- 2.** For dressing, in a small bowl, whisk together vinegar, sugar, black pepper and remaining ¾ tsp salt. Add oil in a slow stream, whisking constantly until thickened. (*Can be stored in an airtight container in the refrigerator up to 2 days.*)
- 3.** Pour dressing over rice mixture; toss gently to coat. Serve salad at room temperature. Makes 12 servings.

Nutrition Facts per serving: 190 cal., 7 g total fat (1 g sat. fat), 0 mg chol., 313 mg sodium, 30 g carb., 2 g fiber, 4 g protein.