Brown Rice Vegetable Salad



Perfect to serve with a meal or take to work for lunch!

Timing

Prep time	Total time	Skill level
20 minutes	**80 minutes**	**Medium**

What You'll Need

Brown Rice Vegetable Salad

- 1/2 small eggplant
- 1 red, yellow or orange Red Sun Farms bell pepper, seeded and cut into 1-inch pieces
- 1 tbsp olive oil
- 1 clove garlic, chopped
- 1/2 cup raw cashews
- 1 1/2 cups cooked brown rice

- 1 cup Red Sun Farms English cucumbers slices, sliced and quartered (measure after cutting)
- 10 Red Sun Farms Sweetpops or cherry tomatoes, cut in half

Balsamic Vinaigrette

- 3 tbsp olive oil
- 4 tsp balsamic vinegar
- 1 tsp maple syrup
- 1/2 tsp chopped garlic
- 2 tbsp chopped fresh dill
- Sea Salt and Black Pepper to taste

Directions

Brown Rice Vegetable Salad

1. Slice the eggplant and sprinkle with sea salt. Stack the eggplant and let sit for 1 hour. Rinse off and dry with a paper towel. Set aside.
2. Preheat the oven to 375°
3. Cut the eggplant into 1-inch pieces and place in a baking dish.
4. Add the pepper pieces, olive oil, and garlic. Toss to mix. Put it in the oven and bake for 25-30 minutes.
5. Meanwhile, put the cashews in a baking dish. Put it in the oven and bake for 8-10 minutes until lightly roasted. Remove from the oven and let cool.
6. Put the eggplant, peppers, brown rice, cucumber slices and tomatoes in a bowl. Set aside to make the dressing.

Balsamic Vinaigrette

1. Prepare the balsamic vinaigrette by putting all the ingredients in a measuring cup and mixing.
2. Add to the salad, along with the cashews. Toss all together and serve.