

# ORIENTAL RICE RECIPE



Oriental Rice

I love Lundberg Family Farms® variety of Certified Organic and Eco-Farmed whole grain rice that have been grown and processed with careful concern for the California environment. Making one of their rice's into a cool salad during the summer will be a big hit. Here's a fairly general recipe that you can make your own. The great thing about rice is you can make a huge batch and take a little out everyday and make something different each time.

1 cup of your favorite whole grain Lundberg rice, cooked according to package directions and cooled.

1 cup blanched slivered organic California almonds / pistachios or peanuts

2 tbsp. black sesame seeds and chopped parsley or cilantro is nice too

1 small head red, Napa or Chinese cabbage, shredded

2 coarsely grated carrots or 1/2 small red onion

1 bunch organic snow peas chopped or other crunchy veggie like cucumbers or water chestnuts, drained

1 organic green pepper, sliced

Optional: 1-cup organic raisins or dried chopped mangos or pineapples

•1/4 cup organic sesame oil

•1/4 cup rice vinegar or a wine vinegar

•2 tablespoons organic sugar or honey

•1 or 2 tbsp. soy sauce

•1/4 cup tahini or organic peanut butter you can kick it up with hot sauce or jalapenos or chili flakes.

•Mix all together toss with veggies, chill and serve make 6 to 8 servings down before mixing with other ingredients.