

Forbidden Black Rice Salad

2 cups Forbidden Black Rice (can be found at Whole Foods or Specialty Food Stores)
3 1/2 cups water
3 T soy sauce
3 T sesame oil
1 pound peeled, diced, steamed sweet potatoes (about 7 minutes)
3/4 cup each small diced red pepper, yellow pepper, orange pepper 1/2 cup sliced scallions (optional)

Bring rice, water and pinch of salt to a quick boil, cover and lower heat to a simmer for 30 minutes. Whisk together sesame oil and soy sauce. While rice is still warm, toss in the sesame oil and soy sauce mixture. Let cool, then add sweet potatoes, red peppers, yellow peppers, scallions, and salt, pepper to taste.

This salad is perfect as a unique and healthy summer evening dinner salad. Paired with grilled veggies, homemade hummus and fresh fruit, your dinner is a sure hit! – Kim

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