

From our kitchen to yours



Minted Grain Salad

*Courtesy of Jennifer F. Jordan, HSA Tidewater Unit,
The Essential Guide to Growing and Cooking with Herbs*

Ingredients:

1 1/2 cup	cooked brown rice	2 tbsp	chopped fresh parsley
1/2 cup	green onions	2 tbsp	chopped fresh mint
2	ripe tomatoes, seeded and diced	3 tbsp	fresh lemon juice
1/2	diced cucumber	1 tbsp	extra virgin olive oil
1 cup	canned black beans, rinsed and drained		freshly ground black pepper

Directions:

Mix all ingredients together in a large mixing bowl. Cover and chill for 2 hours or more.

Serve on a bed of dark green lettuce.

