

RICE AND SUMMER VEGGIES SALAD

Getting Ready for Summer BBQ's!

Ingredients:

- Cooked rice
- Tomatoes, diced
- Cucumbers, diced
- Red onions, chopped
- Frozen peas, or raw
- Italian dressing

Directions:

1. In a bowl mix all together. Amounts depend on YOU!
2. Combine.
3. Pour dressing and toss until blended.
4. Serve hot or cold.

Personally, I would substitute brown rice or quinoa. I would use Edamame rather than peas, for a protein packer. And, I would make my own dressing!!!

Bon Appétit!

