

Organic Wild Rice Salad with Cucumber & Orange

1 1/3 c wild rice
3 1/2 c water
1 garlic clove, crushed
1 T. balsamic vinegar
2T. olive oil
Sea salt and black pepper
1 each red, yellow, orange bell peppers (skinned, seeded and thinly sliced)
1/2 cucumbers
1 orange, peeled, pith removed and cubed
3 ripe tomatoes cut into chunks
1 red onion, chopped very fine
Generous handful chopped flat leaf parsley

1. Cook wild rice in water, simmer till al dente. Uncover at end and let excess water evaporate
2. Make dressing, putting crushed garlic, vinegar, olive oil and seasoning into a screw top jar and shake vigorously. Add extra vinegar, oil or seasoning as desired.
3. Drain rice and turn into a large bowl. Pour over dressing and mix in. Add remaining vegetables and mix in.