

## Brown Rice Vegetable Salad

640 x 400

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Perfect to serve with a meal or take to work for lunch!

### Timing

Prep time  
**20 minutes**

Total time  
**80 minutes**

Skill level  
**Medium**

### What You'll Need

#### Brown Rice Vegetable Salad

- > 1/2 small eggplant
- > 1 red, yellow or orange Red Sun Farms bell pepper, seeded and cut into 1-inch pieces
- > 1 tbsp olive oil
- > 1 clove garlic, chopped

- > 1/2 cup raw cashews
- > 1 1/2 cups cooked brown rice
- > 1 cup Red Sun Farms English cucumbers slices, sliced and quartered (measure after cutting)
- > 10 Red Sun Farms Sweetpops or cherry tomatoes, cut in half

### **Balsamic Vinaigrette**

- > 3 tbsp olive oil
- > 4 tsp balsamic vinegar
- > 1 tsp maple syrup
- > 1/2 tsp chopped garlic
- > 2 tbsp chopped fresh dill
- > Sea Salt and Black Pepper to taste

### **Directions**

#### **Brown Rice Vegetable Salad:**

1. Slice the eggplant and sprinkle with sea salt. Stack the eggplant and let sit for 1 hour. Rinse off and dry with a paper towel. Set aside.
2. Preheat the oven to 375°
3. Cut the eggplant into 1-inch pieces and place in a baking dish.
4. Add the pepper pieces, olive oil, and garlic. Toss to mix. Put it in the oven and bake for 25-30 minutes.
5. Meanwhile, put the cashews in a baking dish. Put it in the oven and bake for 8-10 minutes until lightly roasted. Remove from the oven and let cool.
6. Put the eggplant, peppers, brown rice, cucumber slices and tomatoes in a bowl. Set aside to make the dressing.

#### **Balsamic Vinaigrette:**

1. Prepare the balsamic vinaigrette by putting all the ingredients in a measuring cup and mixing.
2. Add to the salad, along with the cashews. Toss all together and serve.