

Chick Peas & Vegetable Red Rice Salad

Ingredients:

1. 1 cup red rice or other whole-grain rice
2. 6 tablespoons extra-virgin olive oil
3. 4 tablespoons rice vinegar
4. 3 tablespoons finely chopped shallot
5. 1 ½ tablespoons Dijon mustard
6. ¾ teaspoon salt
7. Freshly ground pepper to taste
8. 1, 15-ounce can chickpeas, rinsed
9. 2 cups packed coarsely chopped baby spinach
10. 2 cups halved cherry tomatoes
11. 1 cup thinly sliced sugar snap peas
12. 1 cup diced radishes
13. ½ cup crumbled dairy or vegan feta cheese

Directions:

1. Prepare rice according to package directions.
2. Meanwhile, whisk oil, vinegar, shallot, mustard, salt and pepper in a large bowl.
3. When the rice is done, stir 1/2 cup of the vinaigrette into it, then spread it on a baking sheet and let cool to room temperature.
4. Add the cooled rice to the remaining vinaigrette along with chickpeas, spinach, tomatoes, peas, radishes and feta; gently stir to combine.