

Rainbow Rice Salad bowl.



Mix the protein of beans, the vitamins of peppers and tomato plus the health benefits of wholegrain rice and you've got a nutrient dense, cancer fighting dish.



Ingredients:

200g uncooked brown and wild rice with lentils

1 tin of butter beans and 1 tin of kidney beans, drained and rinsed

2 tomatoes chopped

1 red and yellow pepper chopped.

1 onion chopped

1/2 a cucumber chopped

90g chopped mixed nuts

1 smashed avocado

Dressing:

1/2 a cup **B-Well Canola oil**

1/4 cup balsamic vinegar

1 Tbsp lemon juice

1/2 Tsp Parsley, oregano and thyme

1 Tsp sesame seeds, and salt and pepper to taste

Method:

1. Cook the rice and allow it to cool.

2. Spread with avocado.

3. Then add in all other ingredients and mix through into the rice mixture.

4. Allow the salad to chill. Mix through the dressing and serve.