

Rice and Vegetable Salad

From *The Silver Palate Cookbook*



A wonderful salad for summer

8 cups cooked rice (hot)

1 whole red bell pepper, julienned

1 whole green bell pepper, julienned

1 medium red onion, diced

6 whole green onions, minced (or more)

1 cup currant, or golden raisins

2 whole shallot, peeled and diced

10 ounces frozen peas, or more if desired

1/2 cup black pitted olive, Mediterranean type

1/4 cup Italian parsley, minced

1/2 cup fresh dill, minced

salt and pepper, to taste

SILVER PALATE VINAIGRETTE: (makes about 2 cups)

2 tablespoons Dijon mustard

1/2 cup red wine vinegar

1 teaspoon sugar

1 teaspoon salt

1/2 teaspoon pepper

1/2 cup Italian parsley, chopped

2 tablespoons chives, chopped

1 cup extra virgin olive oil

[Cold Food, Picnic, Salads](#)

Carolyn T's Blog - Tasting Spoons:

<http://tastingspoons.com>

Servings: 10

This recipe may also be made with orzo pasta instead of rice. It will keep for a day or two, but the flavor is definitely not as good. All the ingredients can be prepared ahead, just don't mix the salad together until an hour or so before. To make 8 cups of rice, cook about 2+ to 2 1/2 cups of rice.

1. Prepare rice (to make the 8 cups) and transfer to a large mixing bowl. Add 1 1/2 cups of the Vinaigrette and toss thoroughly. Cool the rice to room temperature.
2. Prepare all remaining ingredients and add to the cooled rice mixture. Correct seasoning as necessary.
3. Serve immediately, or refrigerate up to 4 hours. Return to room temperature before serving.

Per Serving (excluding unknown items): 478 Calories; 23g Fat (42.9% calories from fat); 7g Protein; 62g Carbohydrate; 4g Dietary Fiber; 0mg Cholesterol; 351mg Sodium. Exchanges: 3 Grain(Starch); 0 Lean Meat; 1 Vegetable; 1/2 Fruit; 4 1/2 Fat; 0 Other Carbohydrates.