

Thai Rice Salad with Three Herbs

The trio of mint, basil and cilantro, along with tangy-sweet seasoned rice vinegar, gives this refreshing salad its Thai orientation. Instead of white rice, we've used chewy short-grain brown rice.

- 1/2 cup NAKANO Seasoned Rice Vinegar—Roasted Garlic
- 2 tablespoons peanut oil or vegetable oil
- 1 tablespoon soy sauce
- 1 tablespoon brown sugar
- 1/2 teaspoon hot chili oil (optional)
- 4 cups cooked, chilled short-grain brown rice
- 1 medium cucumber, seeded and sliced
- 2 green onions, sliced
- 1/2 cup shredded carrots
- 1/3 cup chopped mint
- 1/3 cup chopped basil
- 1/4 cup chopped cilantro
- Zest of 1 lime

1. In a 1-cup measuring cup, whisk together Nakano seasoned rice vinegar, peanut oil, soy sauce, brown sugar, and if desired, hot chili oil.
2. Add remaining ingredients to a large bowl. Pour dressing over and stir to combine.

Serves 8

Prep time 20 minutes

Notes:

- Rice may be cooked 2-3 days in advance. Store tightly covered in the refrigerator.
- Long grain brown rice, or any other rice may be used.
- If using Thai basil, reduce amount to 1-2 tablespoons.
- For a main-course salad, add 1 to 2 cups diced cooked chicken.

Per serving (without chicken): 180 calories (calories from fat 36), 3g protein, 32g carb, 4g fat, (1g sat. fat), 0mg chol, 380mg sodium, 2.5g fiber