

NORTHERN ITALIAN RICE SALAD

Clear Vinaigrette:

1-1/4 c corn oil (I am not a fan of corn oil, so would use grapeseed or good olive oil)
1/2 c white wine vinegar
1-3/4 tsp sea salt
1-3/4 tsp. fresh-ground pepper
1 Tbsp minced garlic
1/2 tsp dried basil (could use fresh)
1/2 tsp dried oregano
1/4 c minced fresh parsley

Whisk together all ingredients and set aside.

Rice Salad:

6 c. Cooked rice brown or white (2 c. raw) OR, USE 1 LB. COOKED ORZO
3/4 lb cooked, peeled shrimp, cut in thirds (Becky omits shrimp when making this as a side dish. Or, she sometimes substitutes 1 lb. feta cheese, cubed) I did neither, just made it as a side dish, but I could see putting a nice piece of glazed grilled salmon on top.
2 c. Finely chopped green peppers (or any colors you want)
3/4 c. Finely chopped red onions
1 c. Quartered cooked marinated artichoke hearts
1/4 c. Small capers, rinsed of brine
1/3 c. Minced fresh parsley
1/3 c. Minced fresh dill
1/4 c. Golden raisins (Trader Joe has 'em)
1/4 c. Dark raisins

Combine all salad ingredients. Toss with about 3/4 of the dressing. Reserve the rest and add if more moisture is desired. Can be served as a main dish on a bed of greens.

VARIATIONS:

Can substitute chicken and pepperoni for the shrimp.

Can add black olives, peas, red peppers-whatever your heart desires or your refrigerator contains!

ENJOY. You will find this a great summer dish to enjoy on its own or as a side to whatever you just grilled.