

Black Rice with Edamame Salad

2 cups black rice
2 cups edamame
2 cups shredded carrots
1 cup chopped red peppers
½ cup chopped scallions
1 cup toasted cashews

Dressing:

Whisk together the following ingredients:

2 tablespoons rice wine vinegar
3 tablespoons soy sauce
3 tablespoons lime juice
3 tablespoons fresh squeezed orange juice
2 tablespoons chopped cilantro
Fresh garlic, ginger and salt and pepper

Prepare black rice either in a rice cooker OR by cooking with 4 cups of water on a cooktop. If using a cooktop, bring the water and a teaspoon of salt to a boil, then add the black rice and return to a boil. Cover, decrease heat and simmer until rice is tender (approximately 45 minutes).

Fluff black rice, then add edamame, vegetables and cashews. Toss ingredients together, then add whisked dressing and toss again. Add minced garlic, chopped ginger, cilantro, salt and pepper to taste.