



Mixed Brown and Wild Rice Tabouli Salad

This is one of my favorite recipes of all time!

Mix together in a mixing bowl these ingredients:

- 2 c. Cooked *Brown or Brown and Wild Rice*
- 2 Medium tomatoes, finely chopped (optional)
- ½ Medium onion, finely chopped
- 2 Stalks celery, finely chopped
- 3 Medium cloves garlic, finely chopped
- 3 T. Spearmint or peppermint leaves, chopped
- 6 T. Parsley, chopped
- 2 T. Sesame seeds
- 2 T. Sunflower seeds
- 3 T. Fresh lemon juice
- 3 T. Olive oil
- ¾-1 t. Sea salt, unrefined
- Dash pepper as desired

Stir all ingredients together, making sure that there is no clumping in the rice. This is a delicious combination of flavors! Of course, you may increase or decrease the quantities of the different ingredients according to your taste.

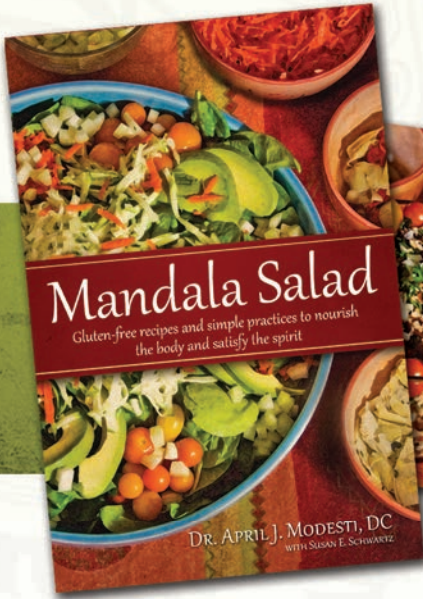
Refrigerate after preparation – tastes best several hours after preparation as the flavors begin to blend.

Serve as is or serve on organic lettuce leaves.
(It's best if all ingredients are organic.)

Makes approximately four servings.



After decades of grab-and-go grazing, it's time to come back to the table.



Now Available on Amazon.com!

Mandala Salad is the guide to eating well.

Because both *what* we eat and *how* are important, Mandala Salad offers simple steps to enhance the experience of eating along with delicious gluten-free recipes that all can enjoy. As an inspirational guide-cookbook-journal, you can use Mandala Salad to lead you beyond the kitchen into a journey of self-discovery.

Wherever you are, and wherever it takes you, here's to your health!



Dr. April J. Modesti has been focusing on whole-person health, and offering a gentle approach to healing since opening her chiropractic practice in 1980.

After identifying her own gluten sensitivity, Dr. Modesti began to notice similar patterns in her patients. She began researching the topic, and has since become a well-known and valued resource to those who wish to eat well while living gluten-free.

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