



Asian Black Rice Salad

- 4 Cups cooked cold Asian Black Rice (found in your Asian markets)
- 1 very finely chopped sweet red apple or 1/2 cup dried fruit of your choice
- 1/2 cup chopped very fine fresh farmers market celery
- 1/2 cup chopped very fine walnuts or the nut of your choice
- 1 medium large peeled raw sweet potato or yam chopped in very small cubes

vinaigrette Dressing

- 1/3rd cup red wine vinegar or vinegar of your choice
- About 2 TLB. olive oil
- Dash of salt
- Dash of pepper
- and your favorite herbs to taste

Mix the vinaigrette into the Asian Black Rice Salad.
This will stay good in your fridge for one week in
an air tight container.

