

Brown Rice Salad

8 c. cooked brown rice

Parsley

3 onions, diced

3 sweet peppers, diced

2 c. raisins

¼ c. sunflower seeds

Combine the above with the following:

Dressing: 2/3 c. olive oil

1/3 c. lemon juice

1/3 c. soy sauce

3 garlic cloves