



## **MEDITERRANEAN BEAN SALAD**

- 4 C** Cooked cold brown rice
- 1** 12 oz. can kidney beans, rinsed and drained
- 1** Cucumber, cut into small cubes
- 1** Red or green pepper, diced, or ½ each
- 1** 12 oz. can artichoke hearts (water-packed), drained & sliced
- 1** Tomato, diced (optional)
- 1/3 C** Fresh squeezed lemon juice, or to taste
- 1/4 C** Olive oil, or to taste
- Salt to taste
- Herbs to taste – your choice: basil, oregano, garlic, etc.

- ✓ **Mix all ingredients well & chill before serving**
- ✓ **Great quick-fixer for a picnic – just fix it, chill it, and you're ready to go!**
- ✓ **Delicious lunch box main dish for school or for the office.**