

## Brown Basmati with Apples and Walnuts

### Ingredients:

- 1/3 cup walnuts
- 2 tbsp olive oil
- 1/2 cup orange juice
- 2 tbsp apple cider vinegar
- 1/2 tsp salt
- 1/4 tsp black pepper
- 1/4 tsp ground nutmeg
- 1/2 cup dried cranberries
- 1 Jonagold (of similar) apple, cut into 1/4" pieces
- 3 stalks celery, chopped 1/4" pieces
- 5 – 6 celery leaves, chopped
- 4 sprigs parsley, chopped
- 4 cups cooked brown basmati rice (2 cups rice, 4 cups water)
- Zest from one orange



### Making it:

1. Preheat oven to 350°F oven. Lay walnuts on a baking sheet and roast for 5 to 7 minutes. Chop coarsely and set aside.
2. Pot: Cook 2 cups of rice (to make 4 cups cooked). Add a dash of salt and tsp of oil to the cooking water.
3. Bowl: Combine the olive oil, orange zest, orange juice, vinegar, sea salt, pepper, and nutmeg. Mix well. The add rice, cranberries, apple, celery, celery leaves, parsley and chopped walnuts.
4. Toss all together until the salad is well-mixed. You can eat this warm or cold.

### Tips and Hints:

- Great salad to toss into a Tupperware and back for lunch. Make a big batch to use over the week.
- Add grilled chicken for a protein boost and to turn into a more complete meal.
- For lower calorie needs add an extra apple and celery stalk. For higher energy needs increase rice, cranberries, oil and portion served.

### NUTRITION FACTS

Servings: 8  
 Serving Size: ~ 3/4 cup

<b>Total Calories</b>	310
Carbohydrate	54 g
Total Fat	9 g
Protein	6 g
Fiber	4 g

Prep Time: 20  
 Cook Time: 20