

Sunshine Salad

Contributed by
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Ingredients

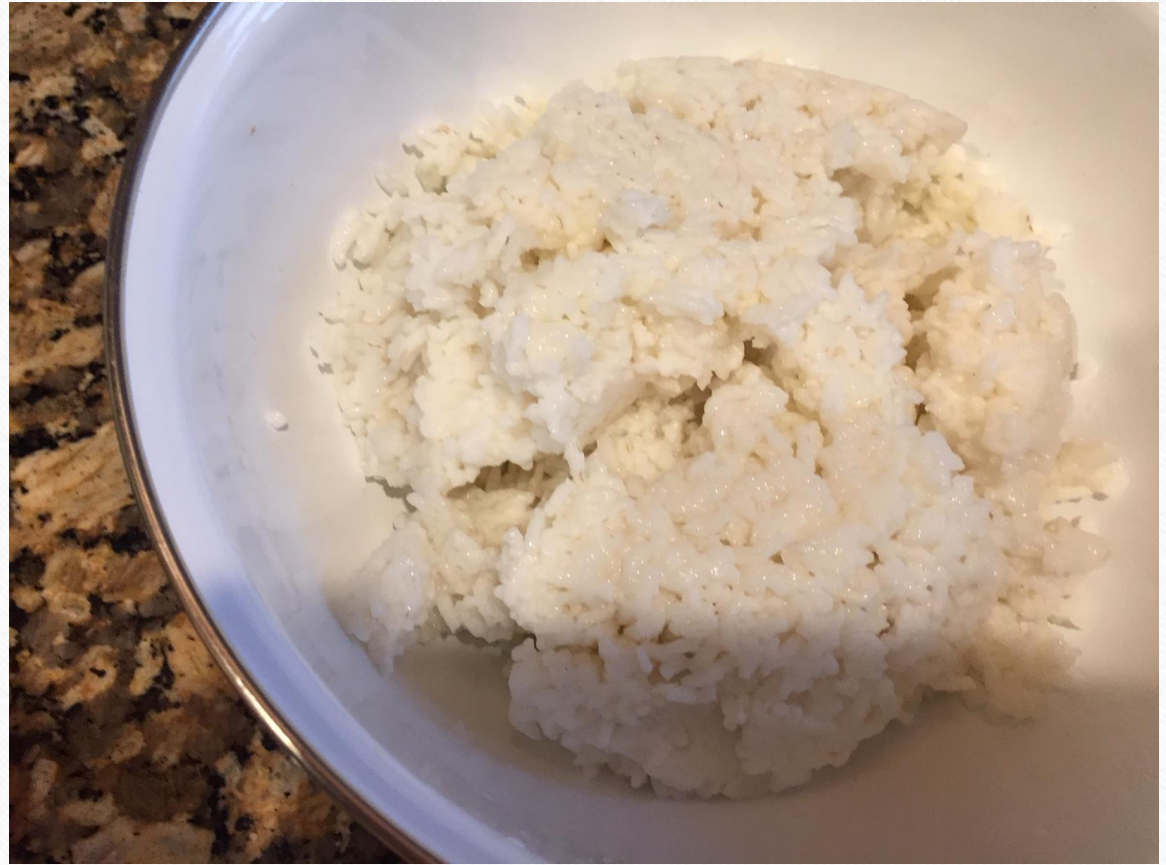
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- 2 cups of water
 - ½ tsp. of salt
 - 1 cup of rice
 - 1 cup of mayonnaise
 - 2 to 3 tsps. of yellow mustard
 - ½ cup of celery
 - ¼ cup of chopped pimento stuffed green olives (about 6-7 olives)
 - 1/2 cup of chopped or grated carrot
- Optional additions are: chopped green pepper, onion, parsley



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- Soak the rice in water for 20 mins
 - Change water at least once
 - Stir the rice in water
 - Boil the rice in boiling salted water
 - 20 mins or until water is absorbed



Refrigerate rice overnight



To prepare, put rice in a bowl large enough to hold all ingredients.



Dice celery



Finely chop carrots



Slice green olives



Season with granulated onion
Use fresh parsley if you have it
Otherwise
Dried parsley will do



Mix all together



Add light mayonnaise

And

ENJOY!



Recipe Page 1

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- ¼ cup of chopped pimento stuffed green olives (about 6-7 olives)
- 1//2 cup of chopped or grated carrot
- Optional additions are: chopped green pepper, onion, parsley
- I do add parsley if I have it in the fridge, otherwise I use dried parsley
- This recipe makes about 3-4 cups of salad. By the way the original recipe calls for Minute Rice, but I use long grain white rice. **DO NOT USE BROWN RICE FOR MORE NUTRITION. IT DOESN'T WORK WELL.**

Recipe Page 2

- PREPARATION

- I begin by soaking the rice in water for about 20 minutes, changing the water at least once. This takes some of the starch out of the rice. I also stir the rice once in a while. Boil the water and salt and then put in the rice and boil for 15 minutes, or until water is absorbed. At this point, after the rice has cooled a little, I put the rice into the refrigerator overnight to make it resistant rice. (Only put the rice in the refrigerator if you want resistant rice. This can be done the day before if you make the salad.)

- IF YOU DON'T WANT RESISTENT RICE, JUST WAIT FOR THE RICE TO COOL COMPLETELY BEFORE ADDING THE OTHER INGREDIENTS.

- The next day I put the rice into a bigger bowl and put in all the ingredients and mix together. I add mayonnaise and mustard if it seems too dry. The salad will take on a yellow color from the mustard.

- Resistant starch is made by simply cooking the starch (pasta, rice or potatoes) the day before and putting it into the refrigerator overnight. My nutritionist told me about this because I told her I love rice and pasta (who doesn't). if you Google "resistant starch", it will show rice, pasta and others. Follow the links and you will read that by refrigerating the rice, etc. overnight it takes away some of the calories and sugar. But you must eat it cold. If you reheat it, it will become regular starch again. Very interesting.

- I also use canned sliced potatoes to make a potato salad. I rinse the potatoes and just add Canola oil, 1-2 tsps. of red wine vinegar and garlic powder and oregano. It's a delicious side salad for sandwiches. We also do this with canned beets. For pasta salad, just boil the pasta the day before and put in Canola oil to keep it moist. if you use olive oil, it will coagulate or freeze in the refrigerator. ENJOY