

Tomato Artichoke Rice Salad

Ingredients *(makes 6 servings)*

- 1 jar (6oz.) marinated artichoke hearts
- 2 Tbsp. lemon juice
- 1 tsp. finely chopped garlic
- ½ tsp. salt
- ¼ tsp. pepper
- 3 cups cooked, cold brown rice
- 1 ½ lbs. (3 large) fresh tomatoes, seeded, diced and drained
- 1 cup finely chopped red onion
- 1 can (5 ¾ oz.) pitted whole black olives, drained and cut in quarters
- ¼ cup chopped fresh basil or parsley



Directions

- ✓ Drain artichoke hearts, reserving marinade.
- ✓ Slice artichoke hearts lengthwise; reserve.
- ✓ Combine lemon juice, garlic, salt and pepper.
- ✓ Wisk in reserved marinade.
- ✓ Gently combine dressing with brown rice, artichoke hearts and remaining ingredients.

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