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**MEDITERRANEAN WILD RICE SALAD WITH CHICKPEAS**

This recipe is adapted from *Staying Alive! Cookbook for Cancer Free Living*. Serve this salad on a bed of spinach. This is a great recipe which provides complex carbohydrates, protein and healthy fats. It makes a perfect lunch or dinner as the weather is getting warmer. It serves 2.

**Ingredients:**

* ½ cup brown long grain rice, rinsed
* 2 Tbs. wild rice, rinsed
* 1 ¼ cups of purified water
* 1 large or 1 cup cherry tomatoes, chopped
* ½ cucumber, chopped
* ½ cup parsley, chopped
* ½ can chick peas or 2/3 cup precooked, rinsed
* ¼ cup fresh herbs (basil, oregano, etc.)

**Dressing:**

* 1 clove garlic, chopped
* 2 Tbs. olive oil
* 2 Tbs. fresh lemon juice
* ½ tsp. sea salt

**Method:**

1. Rinse the rice and add to a pot. Add the water and bring to a boil. Cover and reduce the heat to low. Cook for 45 minutes. Do not uncover or stir. After 45 minutes take the rice off the burner, fluff with a fork and let cool.
2. Add the chopped vegetables, herbs and chickpeas to the cooled rice. Stir gently to mix.
3. In a separate bowl or jar, mix the dressing ingredients well. Pour over the salad and stir through.
4. Serve on a bed of spinach and enjoy.