

BROWN RICE SALAD

2 ¼ cups water or chicken broth

1 cup brown rice

1 T. oil (if using water)

Pinch of salt

1 can (8 oz.) chopped water chestnuts

1 jar (2 oz.) chopped pimentos

1 green pepper, chopped

2 cups sliced mushrooms

½ cup sliced green onions or green chillies (if you want a little heat)

½ cup chopped parsley

½ cup olive oil

3 T. vinegar

1 T. soy sauce

2 T. spicy mustard

1 tsp. brown sugar

Salt and pepper

Heat water or stock to a boil in the pressure cooker. Add rice (and oil if not using chicken stock) and a pinch of salt. Seal in Kuhn Rikon Pressure cooker and bring to first ring (8 lb. pressure), reduce heat to stabilize pressure and cook for 20 min. (If cooking rice in a regular pot, cook for 45 min. until tender)

Remove from heat and release pressure. Transfer rice to a bowl and add water chestnuts, pimentos, green peppers, mushrooms, green onions, or chives and parsley. Mix together oil, vinegar, soy sauce, mustard, brown sugar, salt and pepper in a blender or using a stick blender and pour over HOT rice.

Cool at room temperature before refrigerating. Serve chilled.

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