

Making it delicious

Confetti Salad



Ingredients

- 2 cups water
- ½ cup white rice
- ½ cup dry lentils
- ¼ tsp. paprika
- ¼ tsp. dry mustard
- ¼ tsp. garlic powder
- ¼ tsp. salt
- ¼ tsp. black pepper
- 2-3 cups diced vegetables*
- ¼ cup onion or shallot, diced
- 3 Tbsp. chopped fresh parsley**
- 2 Tbsp. olive oil
- 2 Tbsp. vinegar or lemon juice

*Fresh, frozen, and/or canned

**Or 1-2 Tbsp. dry parsley



Instructions

- In a medium pot with a lid, bring the water to a boil. Stir in the rice and lentils. Reduce heat to medium-low, and simmer, covered, for 15 minutes.
- Add the seasonings (and frozen veggies, if using); cover and cook on medium-low for 5 more minutes.
- Remove from heat; let cool for 15 minutes.
- Mix in the oil, vinegar, parsley, onion, and the diced vegetables.
- Enjoy warm, or refrigerate and serve cold. Serves 4.