

## TWO-RICE SALAD

### INGREDIENTS:

#### RICE:

- ☐ 1 medium onion, peeled, cubed
- ☐ 4 tablespoons olive oil
- ☐ Salt
- ☐ ½ cup wild rice
- ☐ 2 cups cold water
- ☐ 2 cups chicken broth
- ☐ 1½ cups long grain rice (preferably basmati)

#### SALAD:

- ☐ 1 pound bay scallops or small shelled shrimp
- ☐ 1½ cups thawed frozen peas
- ☐ 2 medium tomatoes
- ☐ 2 medium carrots, peeled
- ☐ 1 medium zucchini
- ☐ 1 yellow Bell pepper, cut lengthwise into 1-inch strips

#### DRESSING:

- ☐ ¼ cup firmly packed stemmed parsley leaves
- ☐ 2 medium scallions, trimmed, cut in 1-inch lengths
- ☐ ¼ cup lemon juice
- ☐ Salt and ground black pepper
- ☐ 1 cup olive oil

**INSTRUCTIONS:** Insert metal blade in processor. Mince onion with half-second pulses and empty container into a large saucepan. Add 2 tablespoons of the oil and cook onion over medium heat until soft, about 5 minutes. Stir in ½ teaspoon salt and the wild rice. Cook 2 minutes to lightly coat rice with oil. Stir in water and broth. Cover and simmer 15 minutes. Stir in white rice; cover and cook 15 to 20 minutes, or until liquid has been absorbed. Transfer cooked rice to foil-lined baking sheet; cool.

Heat remaining olive oil in a large skillet. Add scallops or shrimp and toss over medium heat until color turns, about 2 to 4 minutes; remove with slotted spoon, sprinkle with salt and pepper, and set aside to cool. Add peas and 1 cup water to skillet. Cover and simmer 3 minutes; drain and set peas aside.

Cut each tomato into 8 wedges, then cut wedges in half crosswise; set tomatoes aside.

Insert medium shredding disc in processor container. Cut carrots to fit sideways in food chute and make long shreds with a firm push. Repeat to make long zucchini shreds. Change to the medium (4mm) slicing disc. Insert pepper strips upright in food chute and slice with a gentle push; set aside.

Wipe processor container dry and change to the metal blade. Process parsley until minced, then with motor on, drop scallion pieces into machine. Add lemon juice, ¼ teaspoon salt and ¼ teaspoon pepper. Process, adding olive oil in a thin stream within 20 seconds. Adjust seasoning with additional ¼ teaspoon salt, if necessary.

Pour dressing into a large salad or pasta bowl. Stir in scallops or shrimp, peas, tomato, carrots, zucchini and peppers. Add rice and toss to thoroughly mix ingredients and dressing. Adjust seasoning to taste (mixture can be bland after rice is added) and serve immediately.

Serves 8