

Insalata di Riso (Italian Rice Salad, Vegan Style)

Ingredients

- 1 cup cooked, cooled rice
- 1/4 cup steamed green peas
- 1/4 cup diced zucchini
- 1/4 cup cherry tomatoes, halved
- 1 tbsp green olives, sliced
- 1 tbsp chopped parsley
- 1 tbsp olive oil
- 1 tsp lemon juice
- Salt and pepper

Instructions

- 1.Mix all salad ingredients in a large bowl.
- 2.Whisk oil, lemon juice, salt, and pepper.
- 3.Pour over salad, toss, and serve cold.

Benefits

Light and nourishing; supports digestion and energy without gluten.