

You can use this salad on its own as a vegetarian main course, as a side salad, or use it as the base for grilled scallop kabobs. Converted rice is more predictable (Uncle Ben's is the best) and actually retains some nutritional value. The caper infused olive oil sounds strange, but it really makes this dish, and the crispy capers are addictive. Other than the parsley and lemon, you can have all these ingredients on hand in your pantry for last minute menu planning.

Side 1 Cut Out Below

RICE SALAD WITH FRIED CAPER DRESSING *Serves 4*



- 3 1/3 cups cold water*
- 1 1/2 cups converted rice*
- 1 teaspoon coarse salt*
- 1 jar (6.5 ounces) Napoleon Marinated Artichokes, drained*
- 1 cup Napoleon Cut Baby Corn*
- 1 jar (7.3 ounces) Napoleon Marinated Hearts of Palm, drained*
- 1 jar (6.5 ounces) Napoleon Marinated Mushrooms, halved*
- 1 tablespoon grated lemon zest*
- 3 tablespoons lemon juice*
- 3 tablespoons chopped Italian parsley*
- 1/2 teaspoon ground black pepper*
- 1/2 cup Napoleon Extra-Virgin Olive Oil*
- 1/2 cup Napoleon Capers, drained*

1. Bring the water to a boil in a medium saucepan. Add the rice and salt and cover. Simmer 20 minutes or until rice is cooked and the water is absorbed. Let stand off the heat 5 minutes.
2. Meanwhile, in a large bowl, combine the artichokes, corn, hearts of palm, mushrooms, lemon zest, lemon juice, parsley, and black pepper. When the rice is done, add to the vegetables and toss to mix.

Side 2 Cut Out Below

3. In a small, deep-sided saucepan heat the oil until it shimmers (about 350°F.) Add the capers and fry 2 to 3 minutes or until they are crisp. Pour the contents of the pan through a fine sieve over the salad. Mix well and garnish with the capers.

Approximate Nutritional Analysis per Recipe

Calories 650	□	Calories from Fat 330
Total Fat (g) 37	□	Saturated Fat (g) 5
Cholesterol (mg) 0	□	Sodium (mg) 1715
Carbohydrate (g) 74	□	Dietary Fiber (g) 7
Sugars (g) 0	□	Protein (g) 10
Vitamin C (%DV) 59	□	Vitamin A (%DV) 5
Calcium (%DV) 8	□	Iron (%DV) 26

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