

Veggie of the Year Rice Salad Recipe



Yield: 2 cups

Ingredients

1 cup cooked brown rice
1/4 cup bok choy, shredded
1/4 cup collard greens, shredded
1/4 cup broccoli, chopped
1/4 cup mushrooms, sliced
1 avocado, sliced
1/4 cup Honey Soy Dressing

Instructions for Adults

- Supervise and help where needed.
- Pre-cook brown rice and let it cool.
- Blanch collard greens by bringing a pot of water to a simmer. Add one leaf at a time and simmer for 30 seconds, then dip into a bowl of ice water to stop cooking. Have kids pat the leaves dry with a paper towel.

Instructions for Kids

- Use plastic knives or hands to tear bok choy and collard greens into small pieces. (Discard chard stems.) Place veggie leaves in a bowl.
- Use a plastic knife to chop broccoli into bite-sized pieces and add them to the other vegetables.
- Use a plastic knife to slice mushrooms and avocado. Add the mushrooms to the other vegetables. Set the avocado slices aside.
- In a large bowl, mix the cooked rice and all the veggies.
- Add Honey Soy Dressing and mix to combine.
- Top with slices of avocado.
- Serve and enjoy!

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