

# GET LOCAL

## MAD DOG RICE SALAD

provided by Dr. Deborah Angersbach

### INGREDIENTS:

#### SALAD

- 3 cups cooked brown rice
- 1 cup fresh or frozen green peas
- 1 cup fresh or frozen lima beans, or edamame
- 2 teaspoons extra virgin olive oil
- 1 onion, chopped
- ½ -1 pound tofu, cut into cubes (you can leave this out if you want a lower protein salad)
- 1 carrot, cut in small pieces
- 1 stalk celery, chopped
- Optional: 1 crookneck squash, cut in slices, quartered, and/or ¼ red pepper, chopped.

#### DRESSING

- 2 tablespoons extra virgin olive oil
- Juice of ½ lemon
- 1 teaspoon tamari
- 1 teaspoon toasted sesame oil
- 1½ teaspoons balsamic vinegar
- Optional: make twice as much dressing for a moister salad

This is one of my favorite summertime dishes because it is easy to make, stores well in the refrigerator, can be taken easily on trips, and tastes good to boot. It is high in fiber and colorful vegetables, and can be adjusted to be contain soy protein, or not, depending on your needs and preferences. High fiber is important, because studies show that many Americans consume insufficient amounts of fiber to maintain optimal colon health. This is due to the processing of foods, which removes much of the fiber and nutrients from the food. Because this dish is made entirely from whole foods, all the natural fiber and nutrients are retained, making it very good for people with constipation, slow digestion, irritable bowel syndrome, and other digestive insufficiencies. Additionally, combining the oil with the lemon juice in the dressing helps in the absorption of nutrients from the vegetables.

This recipe was adapted from the cookbook: Feeding the Whole Family, by Cynthia Lair – a book I highly recommend. It contains excellent recipes using whole food ingredients adapted for families with children of all ages. Cynthia notes that this dish “is a nutritionally complete meal in itself because it contains whole grains, beans (tofu), and vegetables.” I have included the option of using edamame – soy beans – instead of lima beans because I couldn’t find frozen organic lima beans, but I can find frozen edamame and I like the taste better, anyway. I like to double the dressing for a moister rice, but then I am often adding in extra vegetables – a little extra carrot, or some crookneck squash, or some chopped red pepper for color and extra flavor. This recipe is vegan, as well as being dairy and gluten free. The soy can be replaced with some cooked, chopped chicken, or left out, as desired.

### METHOD:

Cook the rice fresh – warm rice absorbs the dressing better, creating a more flavorful dish. Mix ingredients for dressing in a small bowl or jar, pour over rice. Toss thoroughly and set aside. Bring water to boil in a small pan and blanch the peas and limas (or edamame), drain and set aside. Heat oil in skillet and sauté onion (and squash and pepper, if using) until soft, but not limp. Prepare tofu. To impart a better texture to the tofu, drop cubes into a pan of boiling water until they rise to the top, then drain. Add peas, lima beans (or edamame), onion, tofu, carrot, and celery to dressed rice; toss thoroughly. Serve immediately or cover and refrigerate. Return to room temp before serving. Makes 6 cups.

*Dr. Deborah Angersbach is a Naturopathic Doctor specializing in Primary Care Medicine, Family Medicine, and Joint Health. She focuses on Women’s health, pediatrics, chronic illness, nutrition, environmental medicine, arthritis and chronic pain.*

3024 2<sup>nd</sup> Ave N, Billings, MT 59101 • (406) 259-2622  
[www.goodearthmontana.com](http://www.goodearthmontana.com)

