



2210 HAINES AVENUE, RAPID CITY

SOUTH DAKOTA 57701

605.341.5044

### **Brown Rice Rainbow Bowl with a Sesame-Ginger Vinaigrette**

Makes four bowls

Loaded with colorful and healthy vegetables, this bowl is a family favorite! The brown rice is nutty, filling, and super flavorful thanks to the fresh and zingy vinaigrette. Use our suggested vegetables, or get creative with your own combinations!

#### ***Ingredients:***

1 cup brown rice  
2 cups vegetable stock  
1 tablespoon olive oil  
4 cups red cabbage,  
thinly sliced with a handheld mandoline  
1-1/2 cups frozen edamame,  
shelled and thawed  
2 carrots, shaved into ribbons  
1 English cucumber,  
thinly sliced with a handheld mandoline  
2 avocados, sliced  
6 green onions, sliced

#### ***Sesame-Ginger Vinaigrette***

*(Makes about 1 cup)*

1/4 cup rice vinegar  
1/4 cup soy sauce  
1 clove garlic, crushed  
1 teaspoon grated ginger  
1 teaspoon sesame oil  
1 teaspoon sugar  
1/2 teaspoon red pepper flakes  
1/2 cup olive oil

#### ***Directions:***

1. Using a 2:1 liquid-to-grain ratio, cook the brown rice in vegetable stock (or lightly salted water) until tender, about 35-45 minutes.
2. Prepare the vegetables. Slice the cabbage and cucumber into very thin slices with a handheld mandoline. Be sure to use a finger guard!
3. Slice the avocado and green onions. Shave the carrots into ribbons with a vegetable peeler.
4. Prepare the dressing by whisking together the rice vinegar, soy sauce, crushed garlic, grated ginger, sesame oil, sugar, and red pepper flakes. Gradually drizzle in the olive oil while continuing to whisk.
5. Mix half of the dressing with the brown rice and then assemble the bowls. Drizzle with the remaining dressing and garnish with green onions.