

Mediterranean Rice Salad with Vegetables



Prep Time:

20 min

Cook Time:

23 min

Total Time:

43 min

Servings:

4

Yield:

4 servings

Ingredients

- 4 cups water
- 2 cups uncooked white rice
- 2 tablespoons extra-virgin olive oil, divided
- 1 teaspoon herb salt
- 1 tablespoon chopped capers
- 1 sprig fresh parsley, chopped
- ½ lemon, zested
- 3 zucchini, peeled and grated
- 2 carrots, peeled and grated
- ½ yellow bell pepper, cut into cubes
- ½ red bell pepper, cut into cubes
- 1 lemon, juiced
- salt to taste

Directions

- Bring water and rice to a boil in a saucepan. Reduce heat to medium-low, cover, and simmer until rice is tender and liquid has been absorbed, 18 to 20 minutes. Remove from heat and pour enough cold water on top of the cooked rice to cover it. Stir to cool. Drain well; transfer rice into a bowl. Stir in 1 tablespoon olive oil and season with herb salt.
- Mix capers, parsley, and lemon zest in a small bowl; add to rice. Mix in zucchini, carrots, yellow bell pepper, and red bell pepper. Season with remaining 1 tablespoon olive oil, lemon juice, and salt.

Nutrition Facts (per serving)

455	8g	88g	10g
Calories	Fat	Carbs	Protein