

# McDougall Made Easy Recipes

For more ideas and recipes go to the "McDougall Made Easy DVD" section on our web site: [www.drmcdougall.com](http://www.drmcdougall.com).

## Lesson 14: Confetti Rice Salad

Servings: 6-8

Preparation Time: 15 minutes (need cooked rice)

Chilling Time: 2 hours

2 cups cooked brown rice  
2 cups frozen corn kernels, thawed  
1 tomato, coarsely chopped  
½ cup chopped green pepper  
½ cup chopped green onions  
1 2.25 ounce can sliced black olives, drained  
¼ cup chopped fresh dill weed  
½ teaspoon Dijon-style mustard  
2 tablespoons water  
2 tablespoons wine vinegar  
2 tablespoons soy sauce  
several dashes Tabasco sauce

Mix brown rice, corn, tomato, green pepper, green onions, olives and dill weed in a large bowl. Set aside.

Place the mustard in a small jar. Add 1 tablespoon water and mix until it is smooth. Add remaining water, vinegar, soy sauce and Tabasco. Mix well. Pour over salad. Toss well to mix.

RECIPE HINT: Cover and chill for at least 2 hours before serving for best flavor. If you're in a rush, it may also be served soon after mixing. This has been a favorite salad of ours for years. It is wonderful to take to a picnic or potluck because everyone loves it.