



PACIFIC COAST
FARMERS' MARKET
ASSOCIATION

BROWN RICE MANDARIN SALAD



Golden Nugget, a seedless mandarin hybrid with a bumpy peel and lighter orange color, was the inspiration for this salad. We combined this juicy mandarin with rice and nuts, to make a healthy and satisfying rice salad.



01 HR 10 MINS



Serves 2



Featuring

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INGREDIENTS

1 cup uncooked brown rice
4-5 golden nugget mandarins
1 cup walnuts
1/2 bunch green onions

Dressing:

2 tablespoons rice vinegar
2 tablespoons sesame oil
1 tablespoon vegetable oil
Local honey to taste
Juice of 1 mandarin
Salt and pepper

METHOD

Rinse one uncooked cup of rice. Combine rice and two cups of water in a pot and bring to a boil. Cover and simmer for 50 minutes. When ready, run rice under cool water to return it to room temperature, and

drain well.

Use a knife to remove the skin from the mandarins and cut them into wheels.

Roughly chop walnuts, then combine rice, mandarins, and walnuts in a medium sized bowl. Combine dressing ingredients. Taste, correct seasoning, and pour over salad. Garnish with chopped green onions.