



Serves 4

Preparation Time: 15 minutes

Cook Time: 30 minutes

INGREDIENTS:

1½ cups brown basmati rice

2 cups cooked chickpeas, or one 15-ounce can, drained and rinsed

1 fennel bulb, trimmed and diced

1 orange, zested, peeled, and segmented (zest and segments reserved)

¼ cup plus 2 tablespoons white wine vinegar

½ teaspoon crushed red pepper flakes

¼ cup finely chopped parsley

Rice Salad with Fennel, Orange, and Chickpeas

The mild anise-like flavor of fennel is well balanced by the citrus in this hearty salad.

From *Forks Over Knives – The Cookbook*

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By Del Sroufe

- 1** Rinse the rice under cold water and drain. Add it to a pot with 3 cups of cold water. Bring it to a boil over high heat, reduce the heat to medium, and cook, covered, for 45 to 50 minutes, or until the rice is tender.
- 2** While the rice cooks, combine the chickpeas, fennel, orange zest and segments, white wine vinegar, crushed red pepper flakes, and parsley in a large bowl and mix well. When the rice is finished, add the rice to the bowl and mix well.