



Makes 8 cups
Preparation Time: 20 minutes
Cook Time: 20 minutes

INGREDIENTS:

2 tablespoons rice vinegar
2 tablespoons lime juice
2 tablespoons reduced-sodium soy sauce
2 teaspoons pure maple syrup
1 teaspoons sriracha sauce
½ teaspoon red pepper flakes
4 cups cooled cooked black rice
2 cups fresh or thawed frozen edamame
2 cups shredded carrots
1 medium red bell pepper, cut into thin strips
½ cup thinly sliced halved red onion
1 cup coarsely chopped fresh herbs, such as mint, Thai basil, and/or cilantro
2 tablespoons sesame seeds, toasted
Lime wedges

Layered Black Rice Salad

Be prepared for an abundance of “oohs” and “aahs” when you present this multicolor black rice salad at your next dinner party. The chewy rice creates eye-catching bands of deep purple grains that are stacked between crunchy carrots, tangy red onion, hearty edamame, and aromatic herbs. A zesty lime and soy dressing seeps down among the layers to create an Asian-inspired flavor profile that will leave you licking your plate. This recipe is ideal for a light but filling lunch, or as a starting course paired with a denser [noodle dish](#) when you're ready for a full-on feast. While black rice gives this salad a particularly striking appearance, you can substitute brown rice or wild rice if you like.

Tip: This salad could also be assembled in glass jars for a portable, [grab-and-go](#) lunch.

For more vegan recipes with black rice, check out these tasty ideas:

- [Refreshing Vietnamese Noodle Salad](#)
- [Forbidden Rice Bowl with Quick-Pickled Cabbage](#)
- [Easy Purple Sticky Rice Pudding](#)

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- 1 For Spicy Soy Vinaigrette, in a small bowl whisk together brown rice vinegar, lime juice, reduced-sodium soy sauce, maple syrup, sriracha sauce, crushed red pepper, and 2 tablespoons water. Dressing can be refrigerated until ready to serve.
- 2 In a large glass bowl, layer half each of the rice, edamame, carrots, bell pepper, onion, fresh herbs, Spicy Soy Vinaigrette, and sesame seeds. Repeat layers. Serve with lime wedges and garnish with additional fresh herbs.