

## Shopping List

### Produce

Celery

Yellow or orange bell pepper

Green onion or garlic scapes

Fresh basil

Cherry tomatoes

Garlic

### Bulk

Brown rice

Navy or cannellini beans (or you can buy  
Great Northern Beans in the can)

Walnuts, hazelnuts, and/or pumpkin  
seeds

Sea salt

Agave nectar

Paprika

Xanthan gum

### Grocery

Red wine vinegar

Balsamic vinegar

Grapeseed oil



Check out our recipe blog at  
[www.communityfoodcoop.wordpress.com](http://www.communityfoodcoop.wordpress.com)  
You can sign up to receive recipes periodically via email or RSS feed.

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**FOOD CO OP**  
Bellingham's Natural Grocer

#### Downtown Store

1220 N Forest Street  
Bellingham, WA 98225  
Open Daily 7am-10pm

#### Cordata Store

315 Westerly Road  
Bellingham, WA 98226  
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## Balsamic Rice and Bean Salad



# Balsamic Rice and Bean Salad

## INGREDIENTS

- 1 1/2 c cooked (and cooled) brown rice
- 1 1/2 c navy or cannellini beans, cooked from dry or 1 can Great Northern Beans, rinsed and drained
- 1 c chopped celery
- 1 1/2 c chopped yellow or orange bell pepper (about 1 large pepper)
- 1/3 c chopped green onion or garlic scapes
- 1/2 c fresh basil leaves, torn or chopped
- 1 c halved cherry tomatoes
- 3/4 c Balsamic Dressing, or more to taste
- 2/3 c chopped walnuts, hazelnuts, and/or pumpkin seeds

## Balsamic Vinaigrette Dressing (makes about 1 1/2 c)

- 1/4 c red wine vinegar
- 1/4 c balsamic vinegar
- 1/2 c grapeseed oil
- 1/8 t sea salt
- 1 t agave nectar
- 1 small garlic clove, pressed or minced
- 2 T water
- Small pinch of paprika
- Pinch of xanthan gum

## INSTRUCTIONS

1. Shake all dressing ingredients together, except xanthan gum, in a jar with a tight-fitting lid. Add the xanthan gum and shake again. For smoother flavors, emulsify the dressing by mixing all ingredients, except xanthan gum, in a blender on high for 30 seconds. Add the xanthan gum and blend again for 10 seconds. Store in the refrigerator.
2. In a large bowl, combine all salad ingredients, with the exception of the nuts/seeds and dressing.
3. Toss salad with about 3/4 cup of dressing (or more if you like!) - be sure to give it a few good shakes to re-mix.
4. Sprinkle the salad with the nuts/seeds when it is served, or you can mix them in just before serving.

Note from the author—This salad is extra tasty made a day ahead of time (keep the nuts/seeds set aside until you serve) . It is also a great topper for green salad.

## To cook brown rice:

Thoroughly rinse 3/4 c rice. Add to a small bot-tomed pot with a tight-fitting lid and cover with 1.5 cups of water and sprinkle about 1/2 t of sea salt. Allow to come to a boil and then cover with the lid, turn heat down to low and allow to cook undisturbed for 1 hour. Remove from heat and let sit for about 10 minutes and remove the lid, fluff, and enjoy!

Visit Tracy's blog at [www.delightfullyfree.com](http://www.delightfullyfree.com) and check out her cookbook of the same name!

## To cook navy/cannellini beans:

Note—beans will expand to 2.5 times their normal size, so you will only need to cook 1/2 c beans for this recipe

1. Go through the beans on a plate to remove any stones, dirty or damaged beans, etc.
2. Pour the beans into a medium bowl and cover with water—remove any “floaters”.
3. Drain beans and cover with at least 1 1/2 c of COLD water. Soak the beans overnight (you can do this on the counter), or at least six hours.
4. Rinse the beans three or four times until the water runs clear.
5. Put beans in a pot and cover with fresh water. Bring to a boil and simmer for 60-90 minutes, until beans are tender. Add salt (if desired) only in the last few minutes of cooking time or your beans will take longer to cook.
6. Cooked beans are best the next day and can be stored in the fridge for up to 4 days.



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