

## Brown Rice, Asparagus and Tomato Salad

### Ingredients

#### 4 Servings

- 1 cup instant brown rice
- 12 asparagus stalks
- 2 medium tomatoes
- 2 1/2 tsp lemon juice
- 2 tsp olive oil
- 1/8 tsp salt
- 1/8 tsp black pepper
- 1/4 cup chives
- 2 tsp fresh dill



### Directions

Bring 1 cup of water to a boil in medium saucepan. Stir in rice: bring to a boil. Cover reduce heat to low. Simmer for 5 minutes. Remove from heat. Fluff with fork. Cook asparagus by boiling for 5-8 minutes and cut into pieces. Mince chives. Mince fresh dill. Meanwhile, place asparagus in a large salad bowl. Core tomatoes over a separate bowl to catch juice. Dice tomatoes, reserving juice. Add tomatoes to asparagus. Stir together 1 1/2 tbl. reserved tomato juice, lemon juice, oil, salt and pepper in small bowl Stir in chives and dill. Stir in rice and serve.