



naturopathic • acupuncture

Cranberry Pecan Rice Salad

- 2 cups Brown Rice
- 1 cup dried cranberries
- Zest of 1 orange
- 4 Tbs Olive oil
- Diced red onion to taste(optional)
- 1 Bunch Parsley
- ³/₄ cup Pecans
- Juice of 1 orange
- Salt & Pepper to taste

Cook rice according to directions. Let cool for at least ½ hour. Gently stir in chopped parsley, chopped pecans, cranberries, onions and zest. In a bowl, wisk olive oil, orange juice and salt & pepper. Mix into rice. Refrigerate for 1 hour to blend flavors.

www.TrueHealthMedicine.com • 503-691-0901
8555 SW Tualatin Road, Tualatin, OR 97062



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