

Brown Rice Salad with Jalapeno, Tomatoes, and Avocado

1½ cups long-grain brown rice
Salt and pepper
1 teaspoon grated lime zest plus
3 tablespoons juice (2 limes)
2½ tablespoons extra-virgin olive oil
2 teaspoons honey
2 garlic cloves, minced
½ teaspoon ground cumin
10 ounces cherry tomatoes, halved
1 avocado, halved, pitted, and cut
into ½-inch pieces
1 jalapeno chile, stemmed, seeded,
and minced
5 scallions, sliced thin
¼ cup minced fresh cilantro



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1. Bring 3 quarts water to boil in large pot. Add rice and 2 teaspoons salt and cook, stirring occasionally, until rice is tender, 22 to 25 minutes. Drain rice, spread onto rimmed baking sheet, and drizzle with 1 tablespoon lime juice. Let rice cool completely, about 10 minutes; transfer to large bowl.
2. Whisk oil, honey, garlic, cumin, ½ teaspoon salt, ½ teaspoon pepper, and lime zest and remaining 2 tablespoons lime juice together in small bowl, then drizzle over cooled rice. Add tomatoes, avocado, and jalapeno and toss to combine. Let sit for 10 minutes.
3. Add ¼ cup scallions and cilantro and toss to combine. Season with salt and pepper to taste. Sprinkle with remaining scallions and serve.

TASTING **Brown Rice**

We like brown rice plain as a side dish or in pilafs and salads. To find the best product, we surveyed supermarkets and chose seven national best sellers. We focused on long-grain rice, as it's what we use most often for its fluffy and discrete kernels. We first selected four top-selling dried products; then, because brown rice can take 45 minutes to an hour to cook, we added three prepared products to our lineup. All three are fully cooked and can be reheated in the microwave in 1 to 4½ minutes, depending on the product; two are shelf-stable, and one is frozen. Our winning rice, **Lundberg Organic Brown Long Grain Rice**, is a dry rice that is adaptable to a wide range of cooking instructions and boasts "plump," "buttery," "earthy" kernels.

