

Chad Salad - Africa

Ingredients:

1 $\frac{1}{2}$ C Long Grain Brown Rice	$\frac{1}{4}$ C Olive Oil
3 C cold water	Juice of 1 Lemon
1 Small Cucumber	1 t Salt
2 Bananas	1 T coriander, ground
$\frac{1}{2}$ C Raisins	1 T cumin, ground
$\frac{1}{4}$ C Almonds	$\frac{1}{2}$ t black pepper, ground
	1 T honey



Instructions:

Zest and juice the lemon, discard only pith and pips.

Boil water and add rice and salt, stir, cover, reduce heat to medium-low and cook for 45 minutes.

Slice the cucumber. Peel and slice the bananas. Allow rice to cool.

Put the rice, cucumber, bananas, raisins and almonds in a salad bowl and mix gently but well.

Dressing

Mix together the oil, lemon juice, lemon zest, salt, coriander, cumin, cayenne and honey.

Pour the dressing over the salad and mix well.

Chill for at least 30 minutes in the refrigerator and then serve. This dish can be served cold or at room temperature.