

# Warm Brown Rice and Chickpea Salad with Cherries and Goat Cheese

## Ingredients

- 9 oz of brown rice
- 1/2 cup chopped green onions (about 5 of them)
- 1/4 – 1/2 cup chopped fresh basil (to taste, I like lots!)
- 2 tablespoons extra-virgin olive oil
- 3 - 4 tablespoons white wine vinegar
- 1/2 teaspoon salt
- 1/4 teaspoon freshly ground black pepper
- A handful of dried cherries or cranberries
- 1 (15-ounce) can unsalted chickpeas, rinsed and drained
- 2 ounces goat cheese, crumbled (about 1/2 cup)

## Preparation

1. Heat rice according to package directions.
2. While the rice is cooking mix all other ingredients in a large bowl.
3. Add rice to the bowl.
4. Sprinkle evenly with goat cheese, if desired.

## Nutritional Information (Serving size 3/4 cup)

Calories: 207

Fat: 7g

Saturated fat: .8g

Protein: 5g

Carbohydrate: 32g

Sodium: 404mg

Fiber: 4g

Sugar 10g

Cholesterol: 0mg

Potassium: 128mg

Iron: 6%

Calcium: 4%

Vitamin A: 17%

Vitamin C: 4%