

# Brown Rice Salad with Spinach and Tomatoes by Lynn's Recipes

---



Lynn demonstrates how to make a delicious, healthy salad that would make a perfect lunch or side dish for dinner. From Everyday Food.

## Ingredients:

- 2 Tablespoons Extra Virgin Olive Oil
- 2 teaspoons Red Wine Vinegar
- 2 Tablespoons chopped fresh dill
- 1 garlic clove, minced
- ¼ teaspoon sugar
- Coarse salt and ground pepper
- 2 cups cooked brown rice
- 1 medium cucumber, peeled, halved lengthwise, seeded and sliced
- 2 cups baby spinach
- 1 pint cherry tomatoes, halved

In a large bowl, whisk together oil, vinegar, dill, garlic, and sugar. Season generously with salt and pepper. Add rice, cucumber, spinach, and tomatoes and toss to combine.

[Comment or watch this Recipe on You Tube](#)

## Follow me on:

[YouTube](#)

[Twitter](#)

[Facebook](#)

[Instagram](#)

# **Brown Rice Salad with Spinach and Tomatoes by Lynn's Recipes**

---

Lynn's Recipes: February 2014  
[www.lynnrecipes.com](http://www.lynnrecipes.com)

-----  
[Click here for a handy Conversion Chart](#)