

# Herbal Legacy Recipes

## Oriental Bean and Rice Salad

Submitted by Sandy Winfield

This is a favorite lunch dish of ours for the day after we've had rice or beans for dinner.

### INGREDIENTS:

- 1 c cooked brown rice
- 1 c cooked chick peas
- grated fresh ginger to taste
- one onion diced
- chopped garlic cloves to taste
- sesame oil 2 tbsp or more
- organic soy sauce 2 tbsp or to taste
- freshly grated black pepper
- 2 carrots grated
- 1 fresh cayenne pepper chopped or 1/2 tsp powder
- 1 green pepper chopped
- chopped fresh tomatoes
- any other fresh vegetables available chopped for a salad

Mix all ingredients together and eat. Delicious!

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