

Rice & Artichoke Salad

1 bowl Trader Joe's Fully Cooked Organic Brown Rice (7.4 oz.)
2 tablespoons chopped marinated artichokes*
2 tablespoons chopped sundried tomatoes or roasted peppers
1 teaspoon chopped fresh basil
1 teaspoon freshly squeezed lemon juice
salt & pepper
oil & balsamic vinegar

Prepare the rice according to the package directions (tear back cover slightly and microwave on high for 1 minute).

Spoon the rice into a small bowl. Add the chopped artichokes, sundried tomatoes or roasted peppers, and basil. Sprinkle with salt and pepper. Dress with the lemon juice, oil and vinegar. Stir together. Let sit for 10 minutes and serve.

*You can use plain artichoke hearts--canned or thawed frozen ones—if you don't have marinated artichokes in your pantry or are concerned about possible hidden ingredients in bottled marinated artichokes. Or, make your own marinated artichokes instead. Here's a recipe from Saveur (<http://www.saveur.com/article/Food/Marinated-Artichoke-Hearts>):

Marinated Artichoke Hearts

1 9-oz. box frozen artichoke hearts, thawed
1/2 cup extra-virgin olive oil
1 teaspoon kosher salt
1/2 teaspoon dried thyme
1/2 teaspoon dried oregano
1/4 teaspoon crushed red chile flakes
2 tablespoons fresh lemon juice

1. Rinse artichoke hearts under cold water. Combine artichokes, oil, salt, thyme, oregano, and chile flakes in a 1-qt. saucepan set over medium-low heat. Cover and cook, stirring occasionally, until the flavors meld, 10 minutes.

2. Let cool to room temperature and stir in lemon juice. Serve or refrigerate in a covered container for up to 1 week.