

# Black Rice Salad with Coconut Lime Dressing



Estimated Time: 35 min

## Nutrition Per Serving

4 servings

Calories .....	456
Protein .....	12g
Total Carbohydrates .....	65g
Sugar .....	15g
Fiber .....	8g
Total Fat .....	20g
Saturated Fat .....	5g
Polyunsaturated Fat .....	3g
Monounsaturated Fat .....	9g
Cholesterol .....	0mg
Minerals	
Sodium .....	45mg
Potassium .....	829mg
Phosphorus .....	227mg
Calcium.....	97mg

Recipe provided by Chef JJ Johnson; Nutritional Analysis from [thatcleanlife.com](http://thatcleanlife.com)

## Ingredients

### FOR THE SALAD:

- 1 cup Forbidden rice or black pearl rice, rinsed
- 2 cups water
- 4 Belgian endives (preferably 2 red and 2 green), cut crosswise into 1-inch pieces
- 4 scallions, thinly sliced
- 1½ cups grape tomatoes, cut in half
- 1 mango, peeled, pitted, and diced
- 1 cup roasted cashews
- 2 tablespoons chopped fresh Thai or other basil
- 1 teaspoon finely grated orange zest
- ½ teaspoon kosher salt (preferably Diamond Crystal)
- Freshly ground black pepper

### FOR THE DRESSING:

- ½ cup reduced-fat canned coconut milk\*
- 1½ tablespoons fresh lime juice
- 1½ tablespoons seasoned rice vinegar
- 1 teaspoon finely grated fresh ginger
- 1 tablespoon honey Kosher salt (preferably Diamond Crystal) and freshly ground black pepper

1. Combine the rice and water in a medium saucepan. Bring to a boil, then reduce the heat to low and cook, covered, until all the water is absorbed, and the rice is tender to the bite, 25 to 30 minutes. Spread the rice out on a sheet pan and set in the refrigerator to cool.

2. While the rice cools, make the dressing: In a small bowl, combine the coconut milk, lime juice, vinegar, ginger, and honey and whisk to blend. Season to taste with salt and pepper and set aside.

3. When the rice has cooled, add the endive, scallions, tomatoes, cashews, and mango to the bowl and toss gently to combine. Add the basil, orange zest, salt, and pepper to taste and toss again to mix well. Gradually add the dressing, tossing gently but thoroughly to coat the ingredients (you may not need all the dressing. Taste the salad and adjust the salt and pepper if necessary). Serve.

Disclaimer: Please be advised that some of these foods may contain wheat/gluten, milk, eggs, peanuts, tree nuts, fish, shellfish, soy, or other foods that may cause allergic reactions in some people. Please contact your healthcare provider if you are concerned about food allergies or other food-related reactions such as food sensitivities.

Johnson, JJ. 2023. *The Simple Art of Rice* (p. 170). Flatiron Books.  
\*Ingredient modified from original recipe