

# Winter Confetti Salad

Makes 6 servings



## Ingredients:

- 1 1/2 c. dry brown rice
- 3 c. water
- 1/4 c. plus two Tbsp. olive oil
- 3 Tbsp. white wine vinegar
- 2 tablespoons minced red onion
- Salt and pepper
- Seeds of one pomegranate
- 1 large, tart apple, chopped
- 1/2 c. chopped fresh parsley
- 1/3 c. shelled pumpkin seeds

## Preparation:

1. Cook rice: rinse dry rice, combine with 3 c. water in saucepan with tight-fitting lid. Bring to a boil uncovered, then reduce heat to low and simmer covered for 45 minutes. Turn off heat, and let rice sit covered for 10-15 minutes.
2. Cut the pomegranate in half along the "equator." Gently stretch each half, then hold over a bowl (seeds down) and whack with a wooden spoon until seeds fall out. Pick out any white pith and discard.
3. Combine olive oil, vinegar, minced onion, salt, and pepper in a salad bowl and whisk together. Add cooled rice, pomegranate, apple, parsley, and pumpkin seeds, and stir.

**Did you know?**  
Pomegranates are grown in California. They are in season from September to February, just in time to add color to winter salads!



For more information, or to volunteer with Concrete Farm to School, please contact Rachel Sacco at [concretefarmtoschool@gmail.com](mailto:concretefarmtoschool@gmail.com) or call (360)854-7171.



Your family may be eligible for food benefits through the Basic Food Program. To see if you are eligible, or to apply for benefits, call (360) 854-7171.

Family Size	Gross Monthly Income
2	\$2,586
3	\$3,256
4	\$3,926

*\*Use only as a general guideline. This program was funded in part by the USDA Food Stamp Program. Basic Food is available to all regardless of race, color, sex, age, handicap, religion, or political belief.*