



...from our kitchen to yours

Multi Grain Citrus Salad

1/4 cup uncooked rice

1 1/4 cups water

1/4 cup uncooked **Wheatena**

2 cans (15 oz) kidney beans, drained

1 can (11 oz) whole sweet corn, drained

1/2 cup sliced scallions

Lemony dressing (recipe follows)

Combine rice and water; heat to a boil. Reduce heat; simmer for 15 minutes. Stir in **Wheatena**; simmer for 5 minutes. Set aside and let cool. In a medium bowl mix beans, corn, scallions and **Wheatena** mixture. Add dressing and toss to combine.

Yield 8 servings

Lemony dressing: *Combine 1/4 cup lemon, 2 tbsp red wine vinegar, 2 tsp freshly grated lemon peel and 1 tsp olive oil.*

