Brown Rice (or Farro) Salad with Spiced Apples and Walnuts

Borrowing flavors from a Waldorf salad, this hearty whole grain salad gets a crunchy boost from Fuji apples, celery and walnuts. The exotic ginger, cinnamon and caraway seed dressing gives it a spicy kick.

Makes about 6 cups

Ingredients:
1 large Fuji apple, unpeeled, cored, diced
1 Tbsp apple cider vinegar
2 Tbsp apple juice
½ Tbsp extra virgin olive oil
½ tsp low sodium herbal seasoning
½ tsp caraway seeds
1/8 tsp ginger
1/8 tsp turmeric
¼ tsp cinnamon
2 ½ cups cooked brown rice (or faro), cooled
1 cup celery, diced
1 cup garbanzo beans
¼ cup chopped walnuts
¼ cup dried cranberries
3 sprigs parsley, coarsely chopped

Instructions:
1. In a medium bowl, add diced apple.
2. In a small mixing bowl, whisk together vinegar, olive oil, low sodium herbal seasoning, caraway seeds, ginger, turmeric, and cinnamon. Pour over apples and toss together.
3. Fold in rice (or faro), celery, walnuts, cranberries, and parsley. Chill until serving time.