

## Coconut-Tomato Basmati Rice Salad

3/4 c. basmati rice, rinsed  
1 1/4 c. water 1 t. finely chopped gingerroot  
1/4 medium  
yellow onion, chopped  
1/2 c. shredded coconut  
1/3 c. warm water 1 medium carrot, chopped into small pieces  
1/2 c. green beans, chopped into small pieces (about 2 1/2 oz. as purchased)  
kernels of 1 ear sweet corn  
8 oz. Roma tomatoes 1/2 t. salt

### Optional:

1/8 t. cayenne pepper  
1 1/2 T. chopped cilantro

Cook the rice in a covered pot with the gingerroot and onion in 1 1/4 c. water. Let cool. Moisten the shredded coconut by soaking 30 minutes in warm water. Meanwhile, lightly steam the carrots and green beans and then cool by rinsing in cold water. Shave the corn kernels off the cob with a serrated knife and chop the tomatoes. Stir all ingredients together in a large bowl. Serves 4-6. Approximately 20 percent of calories from fat.