SIDE DISHES FOR CHANA MASALA:
PERFECT BROWN RICE &
CUCUMBER SALAD

Perfect Brown Rice
Cooking brown rice, or at least cooking it well, is tricky, but it is worth the effort due to its superior nutrition. Brown rice looks and tastes the best when it has been boiled and drained like pasta and then steamed in the small amount of moisture that remains in the pot. The boiling cooks the rice, while the subsequent steaming allows the grains to retain their integrity and come out light and fluffy.

Makes 2 Cups

Ingredients
1 cup short, medium, or long-grain brown rice

Instructions
Rinse rice in a strainer under cold running water for 30 seconds. Fill a large pot with water, and bring it to a boil over high heat. Add the rice; stir it once, and boil, uncovered, for 30 minutes. Pour the rice into a strainer over the sink. Let the rice drain for 10 seconds, then return it to the pot, off the heat. Cover the pot and set it aside to allow the rice to steam for 10 minutes. Uncover the rice, fluff with a fork and enjoy.

Cucumber Salad
Prep Time 10 mins
Makes 4-6 servings

3 medium cucumbers
250 mL/1 cup plain yogurt (*you can substitute 2 T. oil instead of the yogurt to make this recipe vegan)
15 mL/1 T. lemon juice
5 mL/1 tsp. ground cumin
15 mL/1 T. chopped mint

Rinse cucumbers and chop into bite-sized pieces; place in a large bowl.

Make the dressing by placing yogurt (or the oil) in a medium bowl and stirring in the remaining ingredients. Mix half of the dressing with the salad. Serve with extra dressing on the side.

Food & Mood
Reducing the ‘glycemic index’ in your diet by using whole grains (instead of white/refined and sugary carbohydrate foods) and more vegetables/salads can help keep your blood sugars and appetite in control: more energy and better mood for you!