

## GREAT EATS WITH the pa ♥ land unit--St. Benedict Salad\*

Submitted By Priscilla Plucinsky, Pennsylvania Heartland Chair

### INGREDIENTS:

#### ***Salad:***

1 ½ cups rice  
 3 medium-size cucumbers, peeled, seeded,  
 and cubed  
 ½ cup golden raisins  
 ½ cup pitted black olives, drained and  
 coarsely chopped  
 1 tablespoon capers  
 2 shallots, finely chopped  
 2 tablespoons finely chopped fresh mint  
 2 tablespoons fresh lemon juice

#### ***Curry Mayonnaise Dressing:***

½ cup mayonnaise  
 1 garlic clove, minced  
 1 teaspoon curry powder

#### ***Plating:***

Lettuce leaves

### DIRECTIONS TO MAKE 6 SERVINGS:

To make the salad, **cook** the rice in salted water according to the package directions,  
 but **remove** from the heat when cooked but still firm.

**Drain** any leftover water, and then rinse the rice under cold running water.

**Allow** the rice to cool, and put it in a large salad bowl.

While the rice is cooling, **cut** the cucumbers in half, lengthwise, and scoop out the seeds.

**Cut** cucumbers into cubes, and **let** stand for about 30 minutes.

**Add** them to the rice in the bowl.

**Add** the raisins, olives, capers, shallots, mint, and lemon juice and mix well.

**Whisk** the dressing ingredients together in a measuring cup or small bowl until smooth.

**Pour** dressing over salad and toss to coat.

**Chill** the salad for several hours before serving.

**Serve** cold, mounded on top of a few lettuce leaves.

\***Note from Priscilla:** Recipe from Twelve Months of Monastery Salads: 200 Divine Recipes for All Seasons, by Brother Victor-Antoine d'Avila-Latourrette