



## Heart Healthy Recipes

### Rice Salad

2 cups - Rice  
 $\frac{3}{4}$  cup - Golden raisins  
1 cup - Green peas, cooked  
5 oz - Marinated artichoke hearts  
1 tbs - Chopped chive  
 $\frac{1}{2}$  cup - Herbed vinaigrette

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More recipes are available at: [www.mediterrasian.com](http://www.mediterrasian.com)