Brown Rice, Broccoli and Carrot Salad

**Ingredients:**
1 1/2 cups brown rice, uncooked  
3 cups water  
1/4 cup lemon juice  
2 tablespoons olive oil  
1 stalk broccoli  
2 carrots  
3 green onions  
1/4 cup parsley

**Equipment:**
Cutting board  
Knife  
Saucepan with lid  
Medium bowl  
Spatula  
Measuring cups  
Measuring spoons

**Directions**

1. Cook brown rice according to package directions. Allow to cool to room temperature. When cooled, add lemon juice and olive oil. Stir well and set aside.

2. Prepare broccoli by placing it on a cutting board. Hold broccoli by the stalk and turn upside down and cut off the branches, turning the stalk to reach the next branch, until all the flowers are gone. Chop up the stalk into bite size pieces, and throw away the tough parts. Add to bowl with rice.

3. Wash a carrot and place it on a cutting board. Starting at the small end, slice into thin slices. Add to bowl.

4. Wash green onions and cut off the green stalks and the root end. Slice the white part into small circles. Add to bowl.

5. Remove stems from parsley and chop into small pieces. Add to bowl.

6. Once vegetables are chopped, stir mixture together well.

7. Stir and chill at least 1 hour. This dish also can be served warm.