

Golden Fields Salad: A Taste of Lowcountry Heritage

A vibrant, nutrient-rich Lowcountry-inspired dish celebrating ancestral foodways.

Serves: 4–6

 **Time: 45–60 minutes (with advance prep of red peas and optional onions)**

Ingredients

For the Salad

- 1 cup [Carolina Gold rice](#) (or brown rice), uncooked
- 1 cup [Sea Island red peas](#), pre-cooked
 - *(Sub: ½ cup canned or cooked garbanzo beans or black eyed peas)*
- 1 cup **okra**, sliced
- 1 cup **zucchini**, chopped
- 1 cup **sweet corn kernels** (fresh or frozen)
- 1 cup **cherry tomatoes**, halved
- 2 cups **kale** or **arugula**, chopped
- 1 tbsp **olive oil** (for roasting/sautéing)
- Salt & pepper, to taste
- Optional topping: **Pickled red onions** (recipe below)

For the Citrus Herb Vinaigrette

- Juice of 1 lemon

- 1 tsp Dijon mustard
 - 1 tsp maple syrup or honey
 - ¼ cup olive oil
 - 1 tbsp finely chopped parsley or cilantro
 - Salt & pepper to taste
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Optional Quick Pickled Red Onion

(Prepare ahead if using)

- ½ **red onion**, thinly sliced
 - ¼ cup **apple cider vinegar**
 - ¼ cup **warm water**
 - ½ tsp **salt**
 - ½ tsp **maple syrup** or sugar
→ Combine all ingredients in a glass jar or bowl. Let sit for 30 minutes or overnight in the fridge.
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Equipment Needed

- Medium pot (for rice)
- Skillet or baking tray (for vegetables)
- Mixing bowls
- Cutting board + knife
- Jar or small bowl (for dressing and onions)
- Spoon/tongs for tossing salad

- Whisk
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Instructions

1. **Cook the Rice:**

Rinse rice well. Cook according to package instructions (usually 1 cup rice to 2 cups water). Let cool slightly once done.

2. **Prep & Cook Veggies:**

- In a skillet with olive oil (or oven at 400°F), sauté or roast **okra**, **zucchini**, **corn**, and **cherry tomatoes** until golden and tender. Season with salt and pepper. Set aside.

3. **Make the Dressing:**

In a jar or bowl, whisk together lemon juice, Dijon, maple syrup, herbs, and olive oil. Season to taste with salt and pepper.

4. **Assemble the Salad:**

In a large bowl, combine cooked rice, chopped greens, cooked red peas (or garbanzos), and roasted veggies. Drizzle with vinaigrette and toss gently to combine.

5. **Top It Off:**

Add pickled red onions if using.