
Nutted Wild Rice Salad

adapted from cooks.com



Servings: 8

1. Strain wild rice in strainer and run cold water over it. Rinse the rice thoroughly.
2. Place wild rice in heavy saucepan. Add stock (or water) and bring to a rapid boil. Adjust heat to simmer and cook uncovered for 30+ minutes until rice is just barely cooked through. Do not overcook.
3. In another pot, cook white rice in water until is barely done - do not overcook. Drain, transfer both rices to a bowl and stir in butter and oil.
4. Combine the orange juice and honey; stir to combine. Add all remaining ingredients, adjusting for seasonings, or more vinegar, or orange juice. Let mixture stand for about 2 hours to allow flavors to develop. Taste rice for seasonings. Serve at room temp.

- 1 cup long grain white rice
- 1/2 cup wild rice, raw
- 5 1/2 cups low sodium chicken broth
- 1 cup pecans, toasted
- 1/2 cup golden raisins
- 1 whole orange, ZESTED & juiced
- 1/4 cup honey
- 4 whole green onions, thinly sliced
- 4 tablespoons olive oil
- 2 tablespoons unsalted butter, melted
- 3 tablespoons white wine vinegar, or more to taste
- salt and pepper to taste

Per Serving (excluding unknown items): 404 Calories; 19g Fat (41.0% calories from fat); 12g Protein; 49g Carbohydrate; 3g Dietary Fiber; 8mg Cholesterol; 361mg Sodium. Exchanges: 2 Grain(Starch); 1 Lean Meat; 0 Vegetable; 1/2 Fruit; 3 1/2 Fat; 1/2 Other Carbohydrates.

Carolyn T's Blog: tastingspoons.com