

Wild Rice Salad

Tarla Fallgatter, cooking instructor



A refreshing healthy salad with a tangy vinaigrette. This doesn't make enough for entree portions, just side salad ones.

SALAD:

- 1 cup wild rice
- 1/2 cup basmati rice
- 1/4 cup corn kernels, fresh
- 1/4 cup dried blueberries
- 1/4 cup red onion, minced
- 1/4 cup pecans, toasted
- 3 tablespoons Italian parsley

DRESSING:

- 2 tablespoons pear vinegar, or Champagne
- 1 tablespoon Sherry vinegar
- 1 teaspoon mustard
- 1 pinch curry powder
- 4 tablespoons olive oil
- salt and pepper to taste

Serving Ideas: Serve on a small bed of baby spinach, for color.

Carolyn T's Blog - Tasting Spoons:
<http://tastingspoons.com>

Servings: 6

Tarla attempted to copy a salad from a restaurant in Newport Beach, called Gulfstream. This is her interpretation.

1. For this salad, you want 1 cup of **COOKED** wild rice and 1/2 cup of **COOKED** basmati rice. Proportions shown in the ingredient list may not be accurate.
2. Mix salad ingredients together in a bowl.
3. Dressing: whisk ingredients together and pour over rice mixture. Serve.

Per Serving (excluding unknown items): 293 Calories; 13g Fat (38.4% calories from fat); 6g Protein; 40g Carbohydrate; 3g Dietary Fiber; 0mg Cholesterol; 24mg Sodium. Exchanges: 2 Grain(Starch); 0 Lean Meat; 0 Vegetable; 1/2 Fruit; 2 1/2 Fat; 0 Other Carbohydrates.