

# Wild Rice, Sweet Potato Salad with Pears and Feta

*The Whole Grain Promise; Robin Asbell, 2015  
Adapted from a recipe in the Washington Post*



## Servings: 8

1. Cook the wild rice: Add the water to a 2-quart pot and bring to a boil over high heat. Add the rice and return to a boil, then reduce the heat until the water is barely bubbling, cover and simmer cook. For hand-harvested wild rice, start checking in 20 minutes. Cultivated rice may take 45 minutes to 1 hour. (If using a blend, follow the package instructions.) Once the rice is tender and just starting to split apart at the ends, drain well. Let cool.
2. Meanwhile, preheat the oven to 425°F. Toss the sweet potatoes and red onion with 2 tablespoons of the oil on a large rimmed baking sheet. Keep them somewhat separate as you may need to remove the sweet potatoes, as they roast faster. Roast until fork-tender, 20 minutes or so. Remove sweet potatoes and continue roasting onion if it's not quite tender. Let cool.
3. Chop the onion into bite-sized pieces. In a bowl combine the wild rice, sweet potatoes, red onion, parsley, scallions and pears. Can be refrigerated at this point for up to a day. If making a day ahead leave out pear until serving time.
4. Whisk together the remaining 4 tablespoons of oil, the lemon juice, maple syrup, salt and pepper in a small bowl, until emulsified.
5. Add Feta cheese, pour the dressing over the wild rice mixture and toss to coat. Serve topped with walnuts and reserved Feta. May also garnish with additional parsley.

- 3 cups water
- 1 cup wild rice
- 1 pound sweet potatoes, peeled, cut into 1/2-inch cubes
- 1 medium red onion, peeled, sliced into thin wedges
- 5 tablespoons extra-virgin olive oil
- 4 large scallions, trimmed and thinly sliced
- 2 medium pears, cored but not peeled, cut into 1/2-inch cubes
- 1/4 cup fresh lemon juice
- 2 tablespoons maple syrup
- 1/2 teaspoon salt
- 1/2 teaspoon freshly ground black pepper
- 1/2 cup parsley, chopped
- 1 cup Feta cheese, crumbled, 2 T reserved for garnish
- 1/2 cup walnuts, or pine nuts, coarsely chopped, for garnish

*Per Serving (excluding unknown items): 426  
Calories; 24g Fat (49.3% calories from fat);  
11g Protein; 45g Carbohydrate; 6g Dietary  
Fiber; 26mg Cholesterol; 621mg Sodium;  
13g Total Sugars; trace Vitamin D; 210mg  
Calcium; 2mg Iron; 526mg Potassium;  
284mg Phosphorus. Exchanges: .*

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