

# WILD RICE SALAD

*Makes 8 Servings*

## INGREDIENTS:

- 1 cup wild rice
- 1/2 bunch kale, washed, stemmed, leaves removed and cut into thin ribbons (about 2½ packed cups)
- 1 orange bell pepper, cut into ¼-inch dice
- 3 green onions, thinly sliced (white and light green parts only)
- 1/2 cup chopped fresh parsley
- 1/2 cup roughly chopped toasted pecans
- 1/2 cup dried cranberries
- 1 celery stalk, trimmed and thinly sliced
- 1/4 cup extra virgin olive oil
- 1/4 cup lemon juice
- 1 teaspoon minced garlic
- 1/2 teaspoon kosher salt
- 1/2 teaspoon black pepper
- Crumbled feta cheese, optional

## DIRECTIONS:

1. Cook the wild rice according to package directions. When done, drain, place in a large bowl, and stir occasionally until the rice is cooled.
2. When cool, stir in the kale, bell pepper, green onions, parsley, pecans, cranberries, and celery. In a small bowl, whisk together the olive oil, lemon juice, garlic, salt, and pepper until well combined. Stir into the rice mixture.
3. Season with additional lemon juice, salt, and pepper to taste and refrigerate until ready to eat. Add feta cheese as desired.

## Nutrition Information per Serving (1 cup):

150 calories, 12g fat (1.5g saturated), 90mg sodium, 12g carbohydrates, 2g fiber, 2g protein, 60% vitamin A, 100% vitamin C

One cup of my nutty, crunchy salad has a day's worth of vitamin C, and it's also loaded with vitamin A.

Recipe Created by Liz Weiss, MS, RD, co-author, No Whine with Dinner: 150 Healthy, Kid-Tested Recipes from The Meal Makeover Moms (<http://mealmakeovermoms.com>)

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