

## **Wild Rice, Quinoa, Mushrooms, and Garbanzo Bean Salad**

*This flavor pack combo is loaded with nutrients and can be served warm or chilled as a lunch, side dish, or light dinner. Wild rice and quinoa make a lovely texture combination, especially when mixed with sautéed vegetables.*

**Prep Time:** 30 minutes    **Simmer Time:** 20 minutes    **Serves:** 4

### **Ingredients:**

**¾ cup wild rice, rinsed and drained**  
**¾ cup quinoa, rinsed and drained**  
**4.5 cups low-sodium vegetable broth**  
**2 tablespoons avocado oil**  
**1 medium onion sweet onion, cut into 1-inch slivers**  
**3 cups of baby Portobello mushrooms, sliced**  
**½ teaspoon sea salt**  
**¼ teaspoon ground black pepper**  
**1 teaspoon Italian herb seasoning**  
**2 cups kale, chopped**  
**15 ounces garbanzo beans, cooked, rinsed, drained**  
**½ cup sliced almonds (or chopped pecans)**  
**¼ cup Italian parsley, chopped**  
**2 tablespoons extra virgin olive oil**

### **Directions:**

Combine wild rice with 3 cups of vegetable broth in a medium saucepan, bring to a boil, then cover and simmer for 45-55 minutes, until rice is chewy and some of the grains have burst open. Drain rice in a strainer and set aside.

Combine quinoa with remaining broth in a medium saucepan, bring to a gentle boil, remove from heat.

Next, heat a sauté pan to medium-high heat, add oil, then onion, mushrooms, salt, black pepper, and Italian seasoning, stirring occasionally. Cook about 3-4 minutes, until onion is translucent. Add kale and garbanzo beans, reduce heat to medium, and cook another 2-3 minutes, stir occasionally, until kale has softened. Remove from heat.

In a sauté pan, heat almonds over medium-low heat for 1-2 minutes, until lightly toasted and fragrant, but not browned.

You can serve hot or cold. Garnish with almonds and parsley, and drizzle olive oil on top. Enjoy!

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