

## **Wild Rice Salad**

*This is a lovely side dish with terrific flavors that would be great for Thanksgiving, or to go along with a variety of meals. This recipe was provided to us by Dorothy Lahr. Dorothy said that adding hummus to the dressing was optional, and although it is an unusual ingredient in dressing, it goes nicely with this wild rice salad.*

**Wild Rice Cooking Time:** 40-45 minutes    **Prep Time:** 20 minutes    **Serves:** 6

### **Ingredients:**

1 cup wild rice  
4 cups water  
¼ teaspoon sea salt  
1 medium bell pepper (either red or orange, or half of each), chopped  
½ small red onion, chopped finely  
4 medium celery stalks (preferably with leaves), chopped finely  
1/3 cup fresh parsley, chopped  
3 green onions, chopped  
1/3 cup slivered almonds  
1/3 cup pecans, coarsely chopped  
1/3 cup raisins (or sugar-free dried cranberries or cherries)

### **Dressing:**

½ small red onion chopped very fine  
1/4 cup extra-virgin olive oil  
2 tablespoons Balsamic vinegar  
1 tablespoon red wine vinegar  
¼ teaspoon sea salt  
¼ teaspoon ground black pepper  
2 tablespoons Dijon mustard  
1/4 cup hummus (*optional*)

### **Directions:**

In a large saucepan, combine wild rice, water, and salt, and bring to a boil. Then reduce heat to low and simmer for about 40-45 minutes, until rice is tender but still al dente. Once cooked, pour into a strainer and cool with running cold water, allow to drain, then transfer to a serving bowl.

Meanwhile, chop the bell pepper, onion, celery, parsley, and green onion and combine with the drained wild rice. Next stir in almonds, pecans, and raisins.

Whisk dressing ingredients together, then toss with the salad and serve.

Enjoy,

Steven Masley, MD