



# Wild Rice Salad

Recipe adapted from Green Eating by Publications International, Ltd.

## Ingredients:

1 cup uncooked wild rice blend	1/4 teaspoon dried thyme
1/2 cup pecans, coarsely chopped	1/2 teaspoon black pepper
1/4 cup sun-dried tomatoes, chopped	1 red bell pepper, finely diced
1/4 cup fresh chives, chopped	1/4 cup green onions, finely chopped
1 tablespoon fresh parsley, chopped	3 tablespoons olive oil
1 teaspoon salt	1 tablespoon white wine vinegar

## Directions:

1. Cook wild rice blend according to package directions.
2. When fully cooked, remove from heat and while the rice is still hot, add in pecans, tomatoes, chives, parsley, 1/4 teaspoon salt, 1/4 teaspoon black pepper, and thyme directly to the pot of rice. Cover and let sit for 5 minutes.
3. Transfer to a large bowl. Stir in bell pepper and green onions.
4. In a small bowl, whisk together oil, vinegar, 3/4 teaspoon salt, and 1/4 teaspoon black pepper. Add to salad and stir until well blended.

*Servings: 6*

