

Wild Rice Salad



Servings:

8 servings

Prep Time:

15 min

Cook Time:

40 min

Ingredients

- Vinaigrette: ****
- 2 3/4 tbsp **Apple Cider Vinegar**
- 2 tbsp **Apple Cider**
- 1 tbsp **Honey (or Maple Syrup)**
- 1 1/2 tsp **Lemon Juice**
- 1 1/2 tsp **Dijon Mustard**
- 1/4 tsp **Salt & Pepper**
- 1/4 cup **Olive Oil**
- Rice Ingredients: ****
- 2 tsp **Olive Oil**
- 1/4 cup **Carrots**, peeled, diced small
- 1/4 cup **Celery**, diced small
- 1 each **Shallot**, diced small
- 2 each **Garlic Cloves**, minced
- 1 cup **Wild Rice Blend**

Method of Preparation

Step 1

Preheat the oven to 400 degrees F.

Line a sheet pan with parchment paper.

In a bowl, add root vegetables, 1 tbsp oil, 2 tbsp honey, and salt/pepper. Toss Well. Transfer to sheet pan, and roast for 35-40 minutes until fork tender.

Step 2

In a saucepan over medium-high heat, add 2 tsp oil, carrots, celery, shallots, and garlic. Saute for 5-6 minutes.

Add rice, vegetable stock, apple cider, seasonings, and salt/pepper.

Bring to a boil. Once boiling, cover, reduce heat to low and cook for 15-20 minutes.

Remove from heat, fluff with a fork, and keep covered until ready to mix the salad.

Step 3

In a small bowl add all the vinaigrette ingredients, except for the oil.

Slowly whisk in the oil until the vinaigrette is combined.

Step 4

In a large bowl, add kale. Top with the warm wild rice, vinaigrette, and toss well.

- 1 cup **Vegetable Stock**
- 1/2 cup **Apple Cider**
- 1 tsp **Thyme, Dried**
- 1 tsp **Garlic Powder**
- Root Vegetables: ****
- 1 tbsp **Olive Oil**
- 2 cups **Butternut Squash,**
Carrots, Turnips, 1" diced
- 2 tbsp **Honey (or Maple**
Syrup)
- 1/4 tsp **Salt & Pepper**
- Salad: ****
- 3 oz **Baby Kale**
- 1/2 each **Granny Smith**
Apple, diced small
- 1/2 each **Red Onion, diced**
small
- 1/4 cup **Pecans, rough chopped**
- 1/4 cup **Pomegranate Seeds**

Add roasted root vegetables, apples, red onion, pecans, and pomegranate seeds. Toss well again.

This salad can be enjoyed warm or chilled.

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