

Wild Rice Salad

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**Carolyn T's
Cookbook**

Servings: 6



Notes: Tarla attempted to copy a salad from a restaurant in Newport Beach, called Gulfstream. This is her interpretation.

Description: A refreshing healthy salad with a tangy vinaigrette. This doesn't make enough for entree portions, just side salad ones.

1. For this salad, you want 1 cup of COOKED wild rice and 1/2 cup of COOKED basmati rice. Proportions shown in the ingredient list may not be accurate.
2. Mix salad ingredients together in a bowl.
3. Dressing: whisk ingredients together and pour over rice mixture. Serve.

SALAD:

- 1 cup wild rice**
 - 1/2 cup basmati rice**
 - 1/4 cup corn kernels, fresh**
 - 1/4 cup dried blueberries**
 - 1/4 cup red onion, minced**
 - 1/4 cup pecans, toasted**
 - 3 tablespoons Italian parsley**
- DRESSING;**
- 2 tablespoons pear vinegar, or Champagne**
 - 1 tablespoon Sherry vinegar**
 - 1 teaspoon mustard**
 - 1 pinch curry powder**
 - 4 tablespoons olive oil**
 - salt and pepper to taste**

Serving Ideas: Serve on a small bed of baby spinach, for color.

Categories: Salads

Carolyn T's Blog:

<http://tastingspoons.blogspot.com>

Per Serving (excluding unknown items): 293 Calories; 13g Fat (38.4% calories from fat); 6g Protein; 40g Carbohydrate; 3g Dietary Fiber; 0mg Cholesterol; 24mg Sodium. Exchanges: 2 Grain(Starch); 0 Lean Meat; 0 Vegetable; 1/2 Fruit; 2 1/2 Fat; 0 Other Carbohydrates.