



Wild Rice & Pecan Salad

Chilled wild rice salad with pecans and a sweet garlic ginger dressing.

Ingredients

3/4 cup wild rice, dry
3/4 cup brown rice, dry
1/4 cup flat leaf parsley, finely chopped
1/2 cup raw pecan halves, chopped roughly
1/4 cup dried currants
1 red bell pepper, diced
1 yellow bell pepper, diced

Dressing:

1/3 cup extra virgin olive oil
3 tbsp coconut vinegar
2 tbsp gluten-free soy sauce
2 tbsp coconut nectar
2 cloves garlic, minced
2 tsp minced fresh ginger root
Pinch of sea salt, optional

Directions

Cook both types of rice in separate pots as per package instructions. Drain and set aside to cool.

Meanwhile, combine dressing ingredients in a blender and blend until emulsified.

Combine cooled rice with remaining ingredients and pour dressing over top. Stir to coat, cover and place in the fridge to chill for a couple of hours.

Makes 6 servings.



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