



Wild Rice Salad With Apple and Pomegranate

Yield: 6 servings

Ingredients

- 1 cup wild rice
- 1 large apple, diced
- 1 cup pomegranate seeds
- ¼ cup dates, pitted and chopped
- 1 tablespoon nondairy almond yogurt
- 2 tablespoons apple cider vinegar
- 2 tablespoons lemon juice
- 1 teaspoon kosher salt

Instructions

1. Combine the wild rice with 2½ cups water and bring to a boil. Once boiling, reduce heat to a slow but steady simmer and cover the pan. Cook for 45 minutes.
2. Drain off any water that wasn't absorbed. Let the rice cool until you're ready to make the salad.
3. In a large bowl, combine the cooked and cooled wild rice with all of the other ingredients and toss until well blended.
4. Serve on a bed of blanched kale. See separate recipe for Blanched Kale With Lemon.

*Tip: Prepare the wild rice ahead of time, and the salad will take no time at all to prepare.



Presented by
Culinary Medicine

Contact Us: spectrumhealth.org/culinarymedicine

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Nutrition Information **Serving Size: ½ cup**

Calories: 89 | Total Fat: 1 g | Saturated Fat: 0 g | Sodium: 357 mg
Total Carbohydrate: 21 g | Dietary Fiber: 3 g | Sugars: 11 g | Protein: 2 g

Recipe inspired by Amy Katz at veggiessavetheday.com. Adapted and nutrition calculated by Werner Absenger, PhD, MS for MindBodyMed.