



## Wild Vegetable Salad

6 servings

For the wild rice:

- 1 cup wild rice
- 3 cups low-sodium vegetable broth
- 6 springs of fresh thyme, gently rubbed under running water, or 1 <sup>1</sup>/<sub>2</sub> teaspoon dried thyme

For the salad:

- 2 garlic cloves
- 1 Tablespoon fresh thyme, gently rubbed under running water, OR 1 teaspoon dried thyme
- 1 Tablespoon lemon zest
- 1/4 cup lemon juice
- 1/4 cup olive oil
- 1/2 teaspoon Dijon mustard
- 1/2 teaspoon honey
- 1/4 teaspoon black pepper
- 1/4 teaspoon salt (optional)
- 8 cups kale, gently rubbed under running water, deveined and chopped into small pieces
- 1 cup canned low-sodium white beans, rinsed and drained
- 1 cup cherry tomatoes, gently rubbed under running water, halved
- 1/2 cup dried cranberries
- 1. Wash hands with soap and water.
- 2. Rinse rice in a fine mesh strainer until the water drains clear.
- 3. In a large pot, combine rice, vegetable broth, and thyme and bring to a boil over medium-high heat.
- 4. Reduce heat to low and simmer covered for 30 minutes.
- 5. Remove from heat, and let rest for 30 minutes. Drain.
- 6. While the rice is cooking, make the dressing. In a medium bowl (or food processor), combine garlic, thyme, lemon zest, lemon juice, olive oil, mustard, honey, black pepper, and salt (optional).
- 7. In a large bowl, add chopped kale. Add the dressing and with your fingers, massage the dressing into the kale for a few minutes. Then add the white beans, tomatoes, and dried cranberries. Stir to combine.
- 8. Add rice and mix to combine.
- 9. Store leftovers in a sealed container in the refrigerator for up to four days. This is a great salad to make ahead of time because the kale absorbs the flavors over time.

*Nutrition Information per Serving (1/8 of a recipe):* Calories 300, Total Fat 11g, Saturated Fat 1.5g, Cholesterol 0mg, Sodium 105mg, Total Carbohydrates 46g, Fiber 6g, Total Sugars 13g, includes 0g Added Sugars, Protein 9g, Vitamin D 6%, Calcium 10%, Iron 8%, Potassium 0%.

**Recipe Source: First Nations** 

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