

## 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 ½ 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