



## Blue's Wild Rice Chicken Salad

Makes 7 Servings

Wild rice has a nuttier taste and chewier texture than white or brown rice. It has more B vitamins, and protein than most other grains. This salad is full of color and flavor.

### Salad:

- 4 cups cooked wild rice (instructions below)\*
- 3 tablespoons lemon juice
- 1 skinless, boneless chicken breast cooked and cut into small cubes
- 3 green onions finely sliced (white and green parts)
- 1 red pepper diced
- 12 – 15 snap peas or pea pods cut in ½-inch pieces
- ½ cup toasted pecan halves (optional)

### Dressing:

- ¼ cup rice wine vinegar
- 3 tablespoons olive or canola oil
- 2-3 large garlic cloves, finely chopped
- 1 tablespoon Dijon (or spicy) mustard
- ¼ - ½ teaspoon salt
- ½ teaspoon white sugar
- ¼ teaspoon ground pepper

- \* In a large pot, boil 1-1/2 cup wild rice and 6 cups water (or 3 cups water and 3 cups chicken or vegetable broth). Boil rice until tender, 45-55 minutes. Drain off water. In large bowl, toss warm rice with lemon juice. Can be made ahead of time.
- In a large bowl, mix together well salad dressing ingredients. Add cooked rice, chicken, onions, red pepper and snap peas. Toss to combine and refrigerate 2-4 hours. Just before service add pecans.

### Nutrition Information

Calories: 202

Total fat: 6g

Saturated fat: 1g

Carbohydrates: 24g

Fiber: 3g

Protein: 14g

Recipe from [Blue Lenox](#)