



Blue's Wild Rice Chicken Salad

7 Servings

Wild rice has a nuttier taste and chewier texture than white or brown rice. It is rich in B vitamins, magnesium, and fiber. This salad is a rainbow of colors and flavors.

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 to 15 snap peas or snow pea pods cut in 1/2-inch pieces
- 1/2 cup toasted pecan halves (optional)

Dressing:

- 1/4 cup rice vinegar
- 3 Tablespoons olive or canola oil
- 2-3 large garlic cloves, finely chopped
- 1 Tablespoon Dijon mustard or any spicy mustard
- 1/4 to 1/2 teaspoon salt
- 1/2 teaspoon white sugar
- 1/4 teaspoon ground pepper

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

Nutrition Information

Calories: 202 Carbohydrate: 24g
Total fat: 6g Fiber: 3g
Saturated fat: 1g Protein: 14g
Recipe from Blue Lenox