

## Recipe – Meal in One Salad Vegan and Goat Cheese Versions

### Ingredients:

- 1 cup wild rice, cooked (so, about 2 cups after cooking)
- 2 stalks celery, sliced small
- 1 red pepper, diced small
- 1 cup sprouts, like mung bean
- 1 cup almonds, coarsely chopped
- 1 bag spinach, coarsely chopped
- handful cilantro, chopped
- 1 tart apple, diced small
- a bit of fresh lemon juice
- Optional: 1 brick goat milk cheddar, shredded
  
- 2 TBS white balsamic vinegar
- 6 TBS olive oil
- 2 cloves garlic, minced fine
- 1 TBS dijon mustard
- 3 drops stevia or a tiny bit of honey
- salt

### Directions:

Shred or chop all the salad ingredients and place in a large shallow bowl.

Sprinkle a little lemon juice on the apple as soon as you dice it to delay browning.

Prepare the dressing by whisking the ingredients until the dressing is creamy.

Combine the dressing with the salad.

Serves 8.

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