

Recipe - Wild Rice Salad with Balsamic Dressing

Ingredients:

- one box of wild rice, cooked according to package directions (about 50 minutes)
- ¼ cup chopped red onion
- handful of fresh herbs (chives, parsley, garlic chives or cilantro)
- ½ cup chopped walnuts
- one yellow pepper, chopped

Dressing:

- 4 Tbsp olive oil
- 1 - 2 Tbsp balsamic vinegar (sweetens, start with 1 Tbsp and taste)
- dash of salt

Directions:

Mix the salad ingredients

Blend the dressing ingredients and toss with the salad