



Wild Rice and Fruit Salad

Makes 4 servings

Ingredients

- 2 1/2 cups low-sodium vegetable broth
- 1 cup uncooked wild rice
- 2 teaspoons fresh lemon juice
- 2 teaspoons extra-virgin olive oil
- 1 1/2 teaspoons honey
- 2 kiwi, peeled and diced
- 1 cup red grapes, halved
- 1/4 cup walnuts, chopped

Directions

1. In a medium saucepan, bring vegetable broth to a boil. Add rice. Reduce heat to low, cover and cook for 45 minutes or until rice is tender. Transfer rice to a strainer to drain any excess broth, then set aside to cool.
2. In a small bowl, combine the lemon juice, oil and honey. Mix until honey is dissolved.
3. Add kiwi, grapes and walnuts to rice. Add dressing. Toss gently.
4. Serve immediately.



SIDE DISH



TIP

Here's a tip to save you time and money: Prepare a large batch of rice, mixing several different types such as brown rice and wild rice. Then be creative — use the rice in different dishes all week! Prepared rice lasts up to 1 week in the refrigerator and 6 months in the freezer.

♥ = heart smart = low sodium = gluten free

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Nutrition Facts

Serving Size 1 cup (289g)
Servings Per Container 4

Amount Per Serving

Calories 290 **Calories from Fat 70**

% Daily Value*

Total Fat 8g **12%**

Saturated Fat 1g **5%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 90mg **4%**

Total Carbohydrate 48g **16%**

Dietary Fiber 6g **24%**

Sugars 14g

Protein 8g

Vitamin A 2% • Vitamin C 70%

Calcium 4% • Iron 8%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

Calories: 2,000 2,500

Total Fat Less than 65g 80g

Saturated Fat Less than 20g 25g

Cholesterol Less than 300mg 300mg

Sodium Less than 2,400mg 2,400mg

Total Carbohydrate 300g 375g

Dietary Fiber 25g 30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

Recipe contains: nuts

Carb choices per serving: 3