

# California Wild Rice Advisory Board

## California Grown Wild Rice Salad

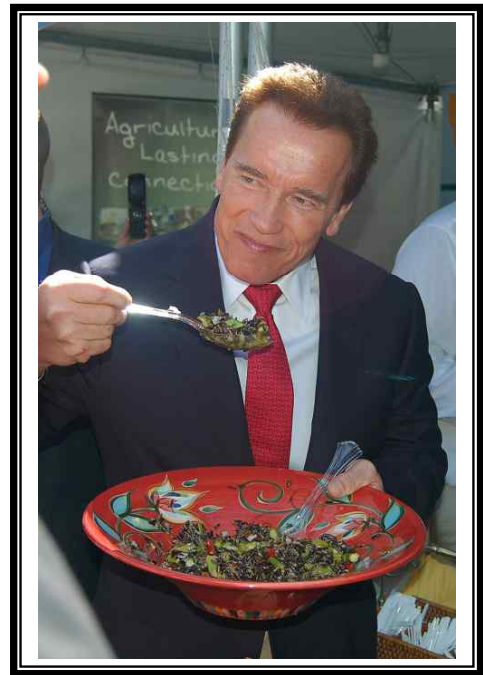


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~ A spring inspired California Wild Rice Salad including grilled chicken and asparagus ~

### **Salad:**

3 cups reduced sodium chicken broth  
1 cup California Wild Rice  
2 cups diced grilled chicken  
1 cup 1-inch asparagus pieces, steamed  
½ cup small cherry tomatoes  
½ cup halved ripe olives  
½ cup minced red onion  
2 Tablespoons snipped fresh basil  
Freshly ground pepper to taste



### **Dijon Vinaigrette Dressing:**

1/3 cup extra virgin olive oil  
1/4 cup white wine vinegar  
1 Tablespoon Dijon mustard  
2 ½ teaspoons sugar  
½ teaspoon salt  
1 clove minced fresh garlic

**Cooking Instructions :** Bring broth and rice to a boil in a medium saucepan. Reduce heat and simmer, covered, for 45 minutes or until rice is tender and butterflying open. While rice is cooking, stir together all vinaigrette ingredients and set aside. When rice is ready, drain excess broth. Place rice in a large bowl with the chicken, asparagus, tomatoes, olives, onion and basil. Pour vinaigrette over salad and toss well; season to taste with pepper.

Cover and refrigerate for at least 1 hour and up to 24 hours.

~ Recipe makes 6-8 servings~

*California*  
**WILD RICE**

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**Nutrition facts per serving:** Calories: 290; Fat: 13g; Saturated Fat: 2g; Cholesterol: 35mg; Sodium: 530mg; Carbohydrates: 24g;

Dietary Fiber: 2g; Sugars: 3g; Protein: 18g

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