

## Wild Rice Salad

*This recipe is a good source of fiber, which may help protect you against some diseases.*

### Ingredients:

- 4 cups cooked wild rice
- 1 cup diced celery
- 2 green onions, sliced thin
- 1 1/2 cups fruit (dried, fresh, frozen or canned)
- 3 tablespoons vegetable oil
- 3 tablespoons vinegar
- 1/4 tsp black pepper
- 1/2 teaspoon salt (optional)

### Directions:

1. Toss all ingredients together in a large bowl.
2. Refrigerate salad for at least an hour before serving so flavors blend.
3. Bake in a medium-sized, covered casserole dish at 350 degrees F. until steaming hot, about 45 minutes. Or, heat on low in a covered skillet until steaming hot.
4. Refrigerate leftovers within 2-3 hours.

**Tip:** Choose canned mandarin oranges or pineapple, chopped apples or pears, grapes, raisins, or dried cranberries. Try adding 1/2 cup nuts like walnuts or pecans, 1 cup frozen peas, 1 cup diced/cooked chicken, or a can of water chestnuts, drained.

### Bright Ideas:

Nutrition Facts	
Serving Size 3/4 cup (140g)	
Servings Per Container 8	
Amount Per Serving	
<b>Calories</b> 170	<b>Calories from Fat</b> 45
<b>% Daily Value*</b>	
<b>Total Fat</b> 5g	<b>8%</b>
Saturated Fat 1g	<b>5%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 160mg	<b>7%</b>
<b>Total Carbohydrate</b> 28g	<b>9%</b>
Dietary Fiber 3g	<b>12%</b>
Sugars 10g	
<b>Protein</b> 4g	
Vitamin A 6%	• Vitamin C 10%
Calcium 2%	• Iron 6%
*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 300 mg
Sodium	Less Than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
	Fat 9 • Carbohydrate 4 • Protein 4

8 servings, 3/4 cup each

Source: Anne Hoisington, OSU Extension, Multnomah County. For more recipes and other resources on eating well for less, see our web site at <http://www.healthyrecipes.oregonstate.edu>

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