

Wild Rice Salad

(C, D, E, G, N, S, V)

Ingredients

1 ½ cups cooked wild rice
1 19oz can garbanzo beans
1 cup apples diced
½ cup celery, diced
1 medium carrot grated
½ cup walnuts, chopped
3 tbsp balsamic vinegar
2 tsp extra virgin olive oil
¾ tsp unpasteurized honey
½ tsp powdered mustard
1 ½ tsp grated orange rind
Salt and pepper to taste

Directions

1. Toss together the first six ingredients in a large bowl
2. In a smaller bowl make the dressing by mixing the remaining ingredients
3. Pour dressing over salad and mix thoroughly
4. Cool the salad in the fridge for a minimum of 2 hours before severing

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