



*Simple,
Seasonal,
Sustainable*

Recipe of the Week

Cherry, Wild Rice & Quinoa Salad

Ingredients:

- 3/4 cup wild rice
- 1/2 cup quinoa, rinsed
- 1/4 cup extra-virgin olive oil
- 1/4 cup fruity vinegar, such as raspberry or pomegranate
- 3/4 teaspoon salt
- 1/4 teaspoon freshly ground pepper
- 2 cups halved pitted fresh sweet cherries
- 2 stalks celery, diced
- 3/4 cup diced aged goat cheese, smoked Cheddar or other smoked cheese
- 1/2 cup chopped pecans, toasted

Directions:

1. Bring a large saucepan of water to a boil over high heat. Add wild rice and cook for 30 minutes. Add quinoa and cook until the rice and quinoa are tender, about 15 minutes more. Drain and rinse with cold water until cool to the touch; drain well.
2. Meanwhile, whisk oil, vinegar, salt and pepper in a large bowl. Add the rice and quinoa, cherries, celery, cheese and pecans and toss to combine. Serve at room temperature or cold.

Serves 8

Nutrition: 282 calories, 16 g fat, 4 g saturated fat, 27 g carbohydrate, 3 g fiber, 8 g protein, 265 mg sodium

Source: Prevent Cancer Foundation



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