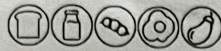


wild rice, kale, and apple salad

FREE OF



MAKES 6 TO 8 SERVINGS

This festive autumn salad pairs well with roasted turkey breast, roast chicken, or a hearty vegetable bean soup. You will need to cook 1½ cups of wild rice to yield the 6 cups cooked. Store any extra rice salad in a glass container in the refrigerator for up to five days.

SALAD

- 6 cups cooked wild rice
- ½ small red onion, finely diced
- 1 tart apple, cored and diced
- 4 to 5 large kale leaves, rinsed and thinly sliced
- 1 to 1½ cups almonds, toasted and chopped (see Tip)
- ½ cup dried currants (optional)

DRESSING

- ½ cup balsamic vinegar
- ½ cup extra-virgin olive oil
- 1 tablespoon pure maple syrup
- 1 to 1½ teaspoons Herbamare or sea salt
- Freshly ground black pepper

Place the salad ingredients in a large bowl and toss. In a small bowl, whisk together the dressing ingredients. Pour the dressing over the salad and toss well. Taste and add more Herbamare and pepper, if needed. Serve.

KITCHEN TIP

To toast the almonds, place them in a shallow baking dish and toast in the oven at 350°F for 15 to 20 minutes, or until golden. Cool on a plate, then chop on a cutting board.