

California Wild Rice, Arugula, Grapefruit, & Toasted Pecan Salad

From the Whole Grains Council

<http://www.wholegrainscouncil.org/recipes/salads-sides/california-wild-rice-arugula-grapefruit-toasted-pecan-salad>

Ingredients

- 1 cup California Wild Rice
- 8 cups water or stock
- 2 tsp. salt
- 1 cup pecan halves
- 1 Tbs. canola or rice bran oil
- 1 tsp. salt
- 2 cups grapefruit juice reduced to ¼ cup
- 1 Tbs. white wine vinegar
- ½ tsp. Kosher salt
- 2 Tbs. diced shallots
- ½ cup canola or rice bran oil
- ¼ tsp. fresh ground black pepper
- 1 bag baby arugula
- 3 large grapefruit

Instructions

1. Place the water, wild rice, and salt in a medium pot and bring to a simmer for 30-45 minutes or until the rice starts to split open and soften. (Do not cook until completely open). Strain off excess water, place in bowl, and cover with cling wrap to cool.
2. While rice is cooking, make the vinaigrette. Slowly reduce grapefruit juice to ¼ cup over low heat. Transfer to small bowl and add vinegar, salt, and shallot. Let steep for 15 minutes. Add oil in a slowly while whisking constantly to emulsify. Add pepper.
3. Toss pecans with canola oil and salt, spread out on a parchment paper lined sheet pan and bake in a 350-degree oven for 8-10 minutes or until lightly browned and fragrant.
4. Peel grapefruit and remove each segment; remove entire membrane if desired.
5. Toss rice, grapefruit, and pecans with a few tablespoons of vinaigrette. Arugula bruises easily so gently toss it in another bowl with remaining vinaigrette. Gently mix rice and arugula mixtures together and divide on 6 plates.

Makes 6 servings

Nutrition information per serving:

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| Calories | 487 |
| Carbohydrates | 45 g |
| Dietary Fiber | 6 g |
| Protein | 9 g |
| Cholesterol | 0 mg |
| Vitamin A | 2496 IU |
| Vitamin C | 106mg |



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