

Cherry Wild Rice Salad

Yield: 6 servings

Ingredients:

1 can (about 16 ounces) canned dark sweet cherries, pitted
3 tablespoons each—lemon juice and cider vinegar
2 tablespoons each—reserved cherry juice and olive oil
1 teaspoon grated lemon peel
½ teaspoon each—salt, sugar and ground ginger
1/8 teaspoon bottled hot pepper sauce
1 package (4 ounces) brown and wild rice mix
½ cup each—cucumber (peeled, seeded, diced), diced red pepper and chopped water chestnuts
¼ cup—each chopped celery, chopped parsley and slivered almonds, toasted
1 tablespoon minced green onion

Procedure:

Drain cherries, reserving liquid for dressing. Place on paper towels to remove excess liquid and refrigerate until serving time. To make cherry-lemon dressing, combine lemon juice, cider vinegar, cherry juice, olive oil, lemon peel, salt, sugar, ginger and hot pepper sauce. Prepare rice mix according to package directions in a 1½-quart saucepan. Add ¼ cup cherry-lemon dressing to cooked rice, mix and cool. Toss cooled rice mixture with remaining ingredients, including cherries. Adjust seasoning and consistency with remaining dressing and allow to stand at room temperature for 15 to 20 minutes before serving. Makes a nice accompaniment to roast pork, ham or poultry.

about 220
calories and
8 grams of
fat per
serving

Containing no cholesterol, each serving also provides about 25 percent of the daily recommended vitamin A and 60 percent of the daily recommended vitamin C, primarily from the red peppers.



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