

# Wild Rice Salad

## Ingredients

- 2 cups water
- 1/2 tsp. natural salt
- 1 cup wild rice
- 1 (6-ounce) jar marinated artichoke hearts, drained and halved, reserve marinade
- 1 cup frozen green peas
- 1/3 cup coarsely chopped green bell pepper
- 3 green onions, chopped, white and green parts
- 1 cup cherry tomatoes, halved
- 1/4 cup toasted slivered almonds, for garnish (may use chopped almonds)

## Dressing:

- 1 1/3 cups Mary's Sauté oil (may use extra virgin olive oil or unrefined sesame seed oil)
- 1/2 cup coconut vinegar
- 1/4 cup grated parmesan cheese
- 1 Tbsp. coconut sap sugar
- 1 tsp. natural salt
- 1 tsp. celery seed
- 1/2 tsp. ground white pepper
- 1/2 tsp. dry mustard
- 1/4 tsp. paprika
- 1 clove garlic, minced

## Directions

In a 1-quart pot with a lid, bring 2 cups water and the salt to a boil. Add the rice and stir well. Reduce the heat to low, cover, and simmer for 45 minutes to 1 hour (until rice is done). Drain excess liquid from the rice.

Meanwhile, combine all the dressing ingredients in a jar with a tight-fitting lid and shake well. Refrigerate until ready to use.

In a large bowl, combine the rice, artichoke hearts, peas, green pepper, green onions, tomatoes, reserved marinade, and half of the dressing. Toss well. Cover and chill or eat at room temperature. Just before serving, toss again and taste. Add some of the remaining dressing, if desired. Sprinkle with the almonds and serve.

Chill completely before serving. Serves 8-10.