

Orange Pistachio Wild Rice Salad

Ingredients:

For Salad

- 2/3 cup brown rice, dry
- 2/3 cup wild rice, dry
- 3 cups low sodium vegetable broth
- 1 orange
- 10 large basil leaves, sliced into ribbons
- 1/4 cup red onion, minced
- 3 tbsp. chopped pistachios

For the Dressing

- 1/3 cup red wine vinegar
- 1/4 cup extra virgin olive oil
- 1 tbsp. orange juice
- 1 1/2 tsp. Dijon mustard
- 1 tsp. honey
- 1/4 tsp. salt



*DAIRY FREE



*GLUTEN-FREE



*SOY FREE



*CONTAINS NUTS

Nutrition Facts

Serving Size 3/4 cup (172g)			
Servings Per Container 8			
Amount Per Serving			
Calories	200	Calories from Fat	80
		% Daily Value*	
Total Fat	9g		14%
Saturated Fat	1.5g		8%
Trans Fat	0g		
Cholesterol	0mg		0%
Sodium	110mg		5%
Total Carbohydrate	27g		9%
Dietary Fiber	2g		8%
Sugars	4g		
Protein	5g		
Vitamin A	2%	Vitamin C	25%
Calcium	2%	Iron	4%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:			
		Calories: 2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Calories per gram:			
		Fat 9	Carbohydrate 4 • Protein 4

Directions:

1. Combine the brown rice, wild rice and broth in a medium saucepan and bring to a boil. Cover, reduce the heat to a slow simmer, and cook until all water is evaporated and the rice is fully cooked, 45 to 55 minutes. Remove from the heat and let cool completely.
2. Toast the pistachios in a small dry skillet over medium-high heat until fragrant, about 3 minutes, stirring frequently; cool.
3. Grate the zest from the orange; measure 1 tsp. and set aside.
4. Cut the top and bottom off the orange. Stand it on end and remove the rest of the peel and white part by cutting down the orange, following its curve with a knife. Remove each orange segment.
5. When rice is cool, add orange sections, basil, onion, pistachios and zest. Mix to incorporate. For dressing, whisk together vinegar, oil, orange juice, mustard, honey and salt in small bowl. Pour over rice mixture and toss to incorporate. Keep any leftovers in refrigerator in airtight container.