



FALL WILD BLEND SALAD

QUICK INFORMATION

TIME



2 HR

SERVES



6

CALORIES



260

GLUTEN FREE



RECIPE

VEGETARIAN



RECIPE

INGREDIENTS

- 1 cup Lundberg Family Farms Organic Wild Blend Rice
- 1 orange, zested, peeled and diced
- 1 Tbsp. Dijon mustard
- 1 Tbsp. maple syrup
- 3 Tbsp. balsamic vinegar
- 2 Tbsp. extra virgin olive oil
- 1/3 cup dried sweetened cranberries
- 1/3 cup toasted almond slices
- 1/3 cup goat cheese, crumbled
- 2 cups kale, coarsely chopped (Pantry Friendly: 1 cup frozen kale or spinach)
- Salt and pepper to taste

NUTRITIONAL FACTS

Serving Size: 98g

AMOUNT PER SERVING

Calories 260 Calories from Fat 100

Total Fat 11g
Saturated Fat 3g
Trans Fat 0g

Cholesterol 5mg

Sodium 190mg

Total Carbohydrate 37g
Dietary Fiber 4g
Sugars 10g

Protein 6g

PREPARATION

Prepare wild blend rice according to package directions.

While rice is cooking, combine orange zest, Dijon mustard, maple syrup, and vinegar in a medium size salad bowl. Add olive oil, salt and pepper, mix thoroughly.

Add cooked rice, diced orange, cranberries, almonds, goat cheese, and kale to salad bowl. Toss to combine and season with additional salt and pepper to taste.

Chill for at least 1 hour before serving.