

Wild Rice Salad

Serves: 4

Prep time: 15 minutes

Cook time: 50 minutes



2 ½ serves per portion

Ingredients

2 medium sweet potatoes, cut into 1cm cubes

1 teaspoon olive oil

¼ cup mixed seeds or nuts, chopped

1 cup wild rice, rinsed

5 cups spinach leaves

½ cup flat leaf parsley, chopped

½ cup green onions, thinly sliced

½ cup salt reduced feta, crumbed

¼ cup dried cranberries

Dressing:

2 tablespoons white wine vinegar

6 tablespoons olive oil

1 garlic clove, minced

1 orange, juiced

Pinch of salt and pepper

Method

PREHEAT oven to 200°C and line a tray with baking paper.

PLACE sweet potato on tray and drizzle with olive oil. Bake for 20-25 minutes then remove from oven and set aside to cool.

LINE a second tray with baking paper. Spread seeds or chopped nuts on the tray and cook in oven for 3-4 minutes. Remove and set aside.

BRING a large pot of water to boil. Add the wild rice and reduce to low heat. Cover and simmer for 50 minutes.

REMOVE pot from heat. Keep lid on and set aside for 10 minutes. Drain rice if needed.

MIX spinach leaves, parsley and green onions in a serving bowl.

PLACE cooked rice, sweet potato, feta, cranberries and mixed seeds or nuts on top of greens.

COMBINE dressing ingredients. Drizzle over salad and mix well just before serving.



Everyday Food

Recipe courtesy of the Country Kitchens 2025 Country of Study Collection - Canada