

WILD RICE SALAD

INGREDIENTS

- 1 cup cooked wild rice
- 1 can chickpeas, rinsed and drained
- 1 medium cucumber, chopped
- 1 medium red bell pepper, chopped
- $\frac{3}{4}$ cup chopped red onion
- 1 cup chopped flat-leaf parsley



Dressing

- $\frac{1}{4}$ cup olive oil
- $\frac{1}{4}$ cup lemon juice
- 1 tablespoon red wine vinegar
- 2 tsp minced garlic
- $\frac{1}{2}$ teaspoon salt

INSTRUCTIONS

1. Cook wild rice according to package directions, then cool.
2. In a large serving bowl, combine: cooled rice, chickpeas, cucumber, bell pepper, onion and parsley. Set aside.
3. In a small bowl, combine the olive oil, lemon juice, vinegar, garlic and salt. Whisk until blended, then set aside.
4. Pour dressing over rice mixture, stir, and serve

Great side dish to bring to a cook out!

