

Wild Rice Salad

3 cups brown & wild rice blend, cooked
2 oranges, peeled and sectioned
2 green onions or chives, chopped
2 tbsp pumpkin seeds

Dressing:

¼ cup low fat Italian dressing
¼ tsp freshly ground pepper
juice and zest from one orange

- If rice is not already cooked; cook according to package directions, using low sodium broth instead of water if desired.
- Peel, remove pith and membrane, then section oranges.
- In large bowl; combine cooked rice, orange pieces, and green onions.
- Prepare dressing: In small bowl, whisk together Italian dressing, pepper, orange juice and zest.
- Pour dressing over rice mixture and toss gently. Let cool; cover and refrigerate until chilled. Sprinkle with pumpkin seeds just prior to serving.
- Makes 4 servings.

Recipe by Gary Barone