



Elliott Evans Nutrition, LLC
Prevent and Protect
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WILD RICE AND PINE NUT SALAD

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Serves 8

- 2 cups wild and long-grain rice blend (discard spice packet, if included)**
- ½ cup pine nuts**
- 1 cup chopped fresh flat-leaf parsley**
- ¼ cup chopped fresh tarragon**
- ¼ cup olive oil**
- 2 tablespoons fresh lemon juice**
- Kosher salt and black pepper**

- **Cook the rice according to the package directions. Spread the rice on a rimmed baking sheet or large plate and refrigerate until cool.**
- **Meanwhile, heat oven to 350. Spread the pine nuts on a rimmed baking sheet and toast, tossing occasionally, until golden, 6-8 minutes; let cool.**
- **Place the rice in a large bowl and fold in the pine nuts, parsley, tarragon, oil, lemon juice, 1 teaspoon salt, and ½ teaspoon pepper.**

Make-ahead tip: Make the salad (without the parsley and tarragon) up to 6 hours in advance; refrigerate. Bring to room temperature and fold in the herbs before serving.