



**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.**