

Recipe – Emerald City Salad

Courtesy Marcia Willsie of EzekielsTable.com

Ingredients:

- 1 cup uncooked wild rice
- ½ cup olive oil
- ½ cup lemon juice
- 1 tsp garlic, minced
- 1 tsp salt
- 1 tsp black pepper
- ½ bunch kale
- ½ bunch chard
- ½ red pepper, diced
- ½ yellow pepper, diced
- ½ bulb fennel, thinly sliced
- 1 bunch green onions, chopped
- ½ cup parsley, chopped

Directions:

Bring 3 cups of water to a boil

Salt the water (if desired) and add rice

Bring back to a boil, cover, reduce heat to simmer and cook for 60 to 65 minutes

When the water is absorbed, remove from heat and let cool

Meanwhile, make the dressing by whisking together olive oil, lemon juice, garlic, salt and pepper

When the rice is cool, toss with dressing

Remove tough stems and ribs from greens

Combine with peppers, fennel, green onion and parsley

Just before serving, toss veggies with dressed rice

Serves 6 to 8