

## Recipe – Wild Rice Salad with Lemon Dressing

### Ingredients:

- 1 box wild rice
- 1 piece kombu
- ½ bunch chopped parsley
- 3 tomatoes chopped
- ½ cup pine nuts, toasted (careful, they burn easily)
- 1 cup shredded celery
- 1 tablespoon cider vinegar
- 4 tablespoons olive oil
- Juice of 2 lemons
- Salt and pepper to taste

### Directions:

Cook rice with kombu and let cool, remove kombu. Drain if needed

Combine rice with parsley, tomatoes, nuts, and celery

Combine remaining ingredients into a dressing and fold it into the salad