

## Recipe – Wild Rice Salad with Toasted Pecans

### Ingredients:

- 1 cup wild rice, cooked according to package directions
- 6 stalks celery, diced
- ½ cup red onion, diced small
- ½ bunch curly parsley, coarsely chopped
- 1 yellow pepper, diced
- 2 TBS butter
- 1 cup pecans, coarsely chopped
- about ½ cup olive oil
- ¼ cup white balsamic vinegar
- 1 TBS gray Poupon mustard
- a few drops hot sauce'
- salt and pepper to taste
- Optional: a few chopped figs or currants for a sweet note.

### Directions:

Combine rice, celery, onion, parsley and pepper in a salad bowl.

Toast the pecans in a pan with the butter, don't allow to burn. Add the parsley and toss for a minute before taking off the heat. Toss into the salad bowl.

Whisk up the olive oil, vinegar, mustard, hot sauce and salt and pepper.

Serves 8 – 10.