

Emerald City Salad

Ingredients:

3/4 cup wild rice, dry	1 bunch kale, washed
1/2 cup lemon juice	1/2 red bell pepper, diced
1/3 cup olive oil	1/2 yellow bell pepper, diced
1 teaspoon minced garlic	1/2 cup chopped chives
Salt and pepper, to taste	1/2 cup chopped cilantro

Directions:

- 1) Bring 2 1/4 cups of salted water to boil; add rice. Cover and reduce heat to simmer. Cook until the water is absorbed, 60 to 65 minutes; remove from heat.
- 2) Whisk together oil, lemon juice, garlic, salt and pepper. Toss dressing with rice.
- 3) Remove stems and tough ribs of the kale. Discard the stems. Slice the kale into thin ribbons (chiffonade).
- 4) In a bowl, combine the kale ribbons and warm rice. Toss to coat kale with dressing. Combine with diced peppers, chives, and cilantro.
- 5) Make this salad up to 3 days ahead and refrigerate until ready to serve.

Substitutions: You can use any non-lettuce leafy green in place of the kale such as chard, Napa cabbage, or bok choy. You can also use any color or type of sweet peppers to equal one cup diced.

Recipe adapted from <https://www.pccmarkets.com/recipe/pcc-emerald-city-salad/>
For more recipes, visit <https://stjoefarm.wordpress.com>

The
Farm

Saint Joseph Mercy Health System

You will love this
delicious simple salad!

Prep time: 15 mins

Total time: 75 mins

Servings: 8-10 as a
side dish

