

Wild Rice Salad

INGREDIENTS

- 2C Wild Rice, Cooked
- 1/4C roasted grapes
- 1/2 yellow onion, diced (about 1/2C)
- 1/2tsp sea salt
- 1 red apple, diced (about 1/2C)
- 3-4TBS dried blueberries (you can use cranberries or currants)
- 1/4C slivered almonds
- 1/4 steamed cranberries
- 2TBS Balsamic Vinegar
- 3-4TBS Olive Oil
- 1TSP Oregano, chopped
- 1TBS parsley, chopped

1. Cook rice according to package, allow to cool completely. Add 2C rice to mixing bowl.
2. Combine all other ingredients and toss until well mixed.
3. Chill before serving.