

What's Cooking? Recipe

Wild Rice, Mango, and Avocado Salad

Recipe by Holly Clegg

Four ingredients come together for an amazing rice salad. Serve room temperature or chilled – a fantastic choice either way.

Makes 6 (3/4-cup) servings

Ingredients for Salad

1 (6-ounce) box wild rice
1 cup chopped mango
1 cup chopped avocado
¼ cup chopped green onion

Ingredients for Mint Vinaigrette

2 tablespoons chopped fresh mint
2 tablespoons white wine vinegar
2 tablespoons lime juice
1 tablespoon olive oil
2 teaspoons sugar
Dash of pepper

Preparation

- 1) Cook rice according to directions. Cool; transfer to a large bowl. Add remaining ingredients.
- 2) In small bowl, whisk together all ingredients for the vinaigrette.
- 3) Toss salad with the mint vinaigrette.

*Nutrition nugget: Mangoes pack a whopping dose of antioxidant-rich Vitamins C and A – helping to reduce arthritic inflammation.

Nutrition Information per serving: 189 calories, 6 g fat, 1 g saturated fat, 0 mg cholesterol, 7 mg sodium, 30 g carbohydrates, 4 g fiber, 6 g sugar, 5 g protein

Additional Notes:
