

# WONDERFUL WILD RICE SALAD

Easy Recipe

This salad has wild rice, blueberries, and pumpkin seeds in it - yum! And let's not forget the special vinaigrette made with maple syrup or honey - it's the secret sauce that brings everything together in a sweet and tangy harmony! You can customize this recipe with your favourite fruits, grains, and seeds too.

## PREP TIME:

10 minutes

## COOKING TIME:

80 minutes

## AMOUNT RECIPE MAKES:

8 servings

## SKILLS USED:

Measuring, whisking, mixing/stirring, cooking rice on the stove

[Adapted from Canola Eat Well](#)

**Nutrition Nuggets:** Blueberries are rich in antioxidants, which support our immune system and strengthen our cells. They're also full of vitamins and minerals that enhance brain function, helping us stay sharp.

**Leftover Love:** This rice salad is tasty on its own but it would also be good over a bed of spring mix or lettuce, in a wrap with a protein like chicken or chickpeas, or heated up in a pan and served warm!

**Food for Thought:** Wild rice has a pretty cool history! Way back when, it was grown and harvested in the lakes of Northern Ontario by the Ojibwe people. It was a staple food in their diets, and also in their traditional medicine and special ceremonies. Then, in the 1960s, wild rice made its way over to the Northern Lakes of Saskatchewan. Since then, Saskatchewan has become the biggest producer of wild rice in the whole country!

## EQUIPMENT:

- Stove
- Large pot with a lid
- Measuring cups and spoons
- Colander
- Small bowl
- Whisk
- Knife
- Cutting board
- Large bowl
- Spoon for mixing/stirring

## INGREDIENTS:

### Salad:

- 1 cup wild rice, rinsed  
*(can use other type of rice or grain)*
- 1 teaspoon salt
- 1 cup blueberries  
*(can use other berry or fruit)*
- 1/2 cup pumpkin seeds  
*(can use sunflower seeds)*
- 2 green onions, finely sliced
- 1 piece dried bison or beef jerky, chopped *(optional)*
- Salt and pepper, to taste

### Vinaigrette:

- 1/4 cup canola or vegetable oil
- 1/4 cup maple syrup or honey
- 2 tablespoons apple cider vinegar
- 2 tablespoon lemon juice
- Salt and pepper, to taste

## DIRECTIONS:

1. In a large pot on the stove, add wild rice, salt, and 4 cups of water. Bring to a boil.
2. Reduce heat to low, cover and simmer until rice is tender and most of the rice has split open. This will take about 50 - 60 minutes.
3. Turn the stove off.
4. Drain the rice using a colander and return the rice to the pot.
5. Cover the pot with the lid and let it sit for 10 minutes.
6. After 10 minutes, remove the lid and let the rice cool.
7. Meanwhile in a small bowl, make the vinaigrette. Whisk together the oil, syrup or honey, vinegar, and lemon juice until well blended. Add salt and pepper, to taste.
8. Combine cooked rice, blueberries, pumpkin seeds, and green onions in a large bowl. Mix.
9. Add vinaigrette and mix well.
10. Top with dried bison or beef jerky, if using.