

Emerald City Salad

By Katie Mae, *TheCulinaryGym.com*; adapted from PCC Natural Market's recipe

Makes 6–8 servings | Ready in 1 hour | Stores 5 days in fridge

INGREDIENTS

- 3 cups water
- 1 cup uncooked wild rice
- ½ bunch kale, destemmed and thinly sliced
- ½ bunch chard, destemmed and thinly sliced
- ½ red bell pepper, thinly sliced
- ½ yellow bell pepper, thinly sliced
- ½ fennel bulb, thinly sliced
- 1 bunch green onions, diced
- ½ cup diced fresh parsley
- 6 tablespoons lemon juice
- 1½ tablespoons tahini
- 1 Medjool date, pitted
- 1 teaspoon no-salt seasoning (i.e. Benson's Table Tasty)
- ¼ teaspoon garlic granules
- ½ teaspoon black pepper

ACTION STEPS

1. Pour 3 cups of water into a medium saucepan, cover, bring to a boil, add wild rice, and bring back to a boil. Then reduce the heat to low. Simmer for 50 to 60 minutes until the water is absorbed. Remove from the heat and set aside to cool.
2. While the rice cooks, place the kale and collards into a large mixing bowl. Then massage the greens with your hands for a minute or two to soften it. Massaging raw kale makes it easier to chew and digest.
3. Add the rest of the sliced vegetables and parsley to the mixing bowl.
4. In a small blender, add the lemon juice, tahini, date, no-salt seasoning, garlic granules, and black pepper. Blend into a creamy dressing.
5. Fold the dressing into the wild rice. Just before serving, mix the dressed rice into the vegetables. Toss well, so the flavors are all mingled evenly.