

# Cherry, Wild Rice & Quinoa Salad



## INGREDIENTS

- ½ cup quinoa  
(washed if available)
- ¾ cup wild rice
- ¼ cup extra virgin olive oil
- ¼ cup fruity vinaigrette  
(i.e. pomegranate, raspberry)
- ¾ teaspoon salt
- ¼ teaspoon pepper
- 2 stalks of celery
- 2 cups pitted and chopped  
cherries
- ¾ cup of goat cheese
- \* toasted pecans
- salad greens

## DIRECTIONS

1. Take ¾ cup of wild rice and add to pot of boiling water. Boil for 30 minutes.
2. Add ½ cup of quinoa to the boiling water. Boil an additional 15 minutes. Remove from stove and drain. Let cool. While it is cooling prepare dressing.
3. Mix together in a bowl the ¼ cup of extra virgin olive oil and the ¼ cup fruity vinaigrette. Add ¾ teaspoon salt and ¼ teaspoon pepper. Pour mixture over wild rice and quinoa.
4. Add two stalks of chopped celery.
5. Add two cups of pitted and chopped cherries.
6. Add ¾ cup of goat cheese.
7. Fold it all together.
8. Place salad on a plate of crisp greens and top with roasted pecans.

*\*Toasted Pecans: Chop pecans and roast in a 350 degree oven for 3-5 minutes.*