



# Cherry, Wild Rice & Quinoa Salad

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Recipe Source: [www.eatingwell.com](http://www.eatingwell.com)

Servings: 3

## Ingredients:

- ¾ cup wild rice
- ½ cup quinoa, rinsed and drained
- ¼ cup olive oil
- ¼ cup fruity vinegar, such as raspberry or pomegranate
- ¾ tsp salt
- ¼ tsp freshly ground black pepper
- 2 cups halved pitted sweet fresh cherries
- 2 stalks celery, diced
- ¾ cup diced aged goat cheese, smoked cheddar, or other smoked cheese
- ½ cup chopped pecans, toasted

## Steps:

- Bring a large saucepan of water to a boil over high heat. Add wild rice and cook for 30 minutes.
- Add quinoa and cook until the rice and quinoa are tender, about 15 minutes more. Drain and rinse with cold water until cool to the touch. Drain well.
- Meanwhile, whisk oil, vinegar, salt and pepper in a large bowl. Add the rice and quinoa, cherries, celery, cheese, and pecans. Toss to combine.
- Serve at room temperature or cold.

*Tips from the Test Kitchen: Can be covered and refrigerated ahead of time. To save time pitting cherries, try a hand-held cherry pitter or use the tip of a paring knife or vegetable peeler. If cherries aren't in season, apples are fantastic in this salad as well, or you can substitute 1 cup dried cranberries. Use reduced-fat cheese. If you don't have a fruity vinegar, balsamic can be substituted.*

**Nutritional Facts (Per Serving):** Calories: 590, Carbohydrates: 50 grams, Protein: 13 grams, Total Fat: 40 grams, Saturated Fat: 8 grams, Cholesterol: 35 mg, Sodium: 728 mg, Fiber: 8 grams, Total Sugars: 18 grams.