



Cherry, Wild Rice & Quinoa Salad

Recipe Source: www.eatingwell.com

Ingredients:

- 3/4 cup wild rice
- 1/2 cup quinoa, rinsed and drained
- 1/4 cup olive oil
- 1/4 cup fruity vinegar, such as raspberry or pomegranate
- 3/4 tsp salt
- 1/4 tsp freshly ground black pepper
- 2 cups halved pitted sweet fresh cherries
- 2 stalks celery, diced
- 3/4 cup diced aged goat cheese, smoked cheddar, or other smoked cheese
- 1/2 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. Use reduced-fat cheese. If you don't have a fruity vinegar, balsamic can be substituted.