

## **Maple Bacon Wild Rice Salad** (serves 6)

### *Ingredients*

- 2 tablespoons apple cider vinegar
- 1 cup apple juice
- 1 Granny smith apple, small dice
- 4 strips turkey bacon
- 2 cups Wild Rice, cooked, cooled
- ¼ cup red onion, fine dice, about ¼ medium-size onion
- 1 cup blueberries, fresh
- ½ teaspoon sea salt
- ¼ teaspoon black pepper
- 3 tablespoons maple syrup
- 2 scallions, sliced thin

### *Directions*

- In a small bowl, mix together 2 tablespoon vinegar and juice. Add diced apple, let soak for 10 minutes.
- In a large skillet, cook bacon until crispy, cut into ¼-inch strips.
- Drain apple from the juice mixture.
- In a larger bowl, add the wild rice, onion, apple, blueberries, bacon (save a few strips for garnish), salt, pepper, and syrup. Toss together well, transfer to a serving platter. Garnish with bacon strips and sliced scallions, serve at room temperature.

## **Basic Wild Rice** (makes 3 cups, if using in a recipe that is calling for salt, omit the salt from recipe below)

### *Ingredients:*

- 1 cup wild rice
- 3 ½ cups water
- ½ teaspoon salt (optional)
- ¼ teaspoon black pepper (optional)

### *Directions:*

- Rinse and drain rice three times with water, drain well. Add rice to a small sauce pan, add water; bring to a full boil. Once at a boil, cover, reduce heat to low setting. Simmer until rice has absorbed water. This will take between 30 to 40 minutes.
- For chewier rice, check doneness at 30 minutes, drain excess water. Once water has absorbed, small air holes will appear on top of rice. Turn off heat and let steep for an additional 10 minutes covered. Uncover, stir in salt and pepper; remove to a serving dish.  
(Note: to cool rice, spread out onto a sheet pan in a thin layer. Let come to room temperature, cover, refrigerate too completely cool)