

Wild Rice Salad with Beets and Greens

Source: Created by Brooke for Feb 2024 episode of Perfectly Pl@nted Podcast as we focus on heart health.

Serving: 4

This salad is loaded with heart-healthy ingredients that increase nitric oxide production and support the ability of blood vessels to deliver oxygen and nutrients to our cells.

Ingredients

4 cups **wild rice** *cooked*

2-3 cups **leafy greens** *finely chopped (spinach, kale, arugula)*

4 small **beets** *diced*

2 T. **pumpkin seeds**

lemon wedge

Dressing

$\frac{1}{4}$ cup **hummus**

2 T. **red wine vinegar**

1 t. **maple syrup**

1 t. **lemon juice**

$\frac{1}{4}$ t. **Italian seasoning**

Directions

If you need to cook wild rice, add 1 cup of rice to 6 cups of water. Bring to a boil and then simmer, uncovered for about 40 minutes as the rice absorbs the water. Remove from heat when its tender, but not mushy.

If you want to use a pressure cooker, add 1 cup of rice and 1 1/4 cup of water to the pot. Then cook on high for 22 minutes.

Add all ingredients to the bowl and toss with the dressing. Squeeze fresh lemon wedge before eating.

