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

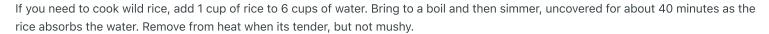
lemon wedge

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





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.

