



Northwoods Wild Rice Salad

Prep Time: 20 min **Cook Time:** 40 min **Servings:** 8 servings **Source:** Tasteofhome.com

INGREDIENTS

2/3 cup uncooked wild rice

2 cans (14 ounces each) sauerkraut, rinsed and well drained

1 medium apple, peeled and chopped

3/4 cup chopped celery

3/4 cup shredded carrot (about 1 large carrot)

1/2 cup finely chopped red onion

dressing:

1/2 cup sugar

1/3 cup cider vinegar

3 tablespoons canola oil

1/4 teaspoon salt

1/4 teaspoon pepper

3 tablespoons minced fresh parsley

1 tablespoon minced fresh tarragon or 1 teaspoon dried tarragon

3/4 cup chopped walnuts, toasted

DIRECTIONS

Cook wild rice according to package directions. Cool completely.

In a large bowl, combine sauerkraut, apple, celery, carrot, onion and cooled rice. In a small bowl, whisk the first 5 dressing ingredients until sugar is dissolved; stir in herbs. Add to sauerkraut mixture; toss to combine.

Refrigerate, covered, at least 4 hours to allow flavors to blend. Stir in walnuts just before serving.

Editor's Note

To toast nuts, bake in a shallow pan in a 350° oven for 5-10 minutes or cook in a skillet over low heat until lightly browned, stirring occasionally.

NUTRITION

3/4 cup: 290 calories, 17g fat (1g saturated fat), 0 cholesterol, 747mg sodium, 33g carbohydrate (18g sugars, 5g fiber), 5g protein.