

Emerald City Salad

Recipe reprinted with permission from Feeding the Whole Family (third edition) by Cynthia Lair (Sasquatch Books, 2008).

This colorful salad is inspired by the beautiful deli salad at Puget Consumers Co-op, Seattle's beloved chain of natural foods grocery stores.

Serves 6-8

2 ¼ cups water or stock

1 T butter

1 tsp sea salt

1 c wild rice (black; ½" long)

¼ c lemon juice

¼ c olive oil

1 clove garlic, minced

½ c chopped fennel bulb, core removed

½ of a red or yellow pepper, diced

½ c chopped red cabbage

½ c chopped Italian parsley

2 c very finely chopped dark leafy greens (6-7 leaves of chard, kale, or collards)

Salt and pepper to taste

Pecorino or gorgonzola cheese (optional)

Bring water or stock to a boil. Add butter, ½ teaspoon of the salt and rice. Bring to boil again, cover, lower heat and simmer 60-65 minutes. Check to see that until all water is absorbed by tipping the pan to one side.

Combine lemon juice, olive oil, garlic and remaining ½ teaspoon of salt in a large serving bowl. Add fennel, red pepper, cabbage, parsley and then the greens .

Once rice is fully cooked, cool until it quits steaming but is still warm, and then spread like a blanket on top of the greens. When the rice cools to room temperature, toss rice, vegetables and dressing together. Taste the salad and adjust seasonings, some extra salt and/or lemon may be required. Garnish with cheese if desired.

Preparation time: 1 hour for wild rice, 20 minutes for salad

Class recipes can be found at www.evergreenhealth.com/recipes