

Recipes & Tips



Live Well Live Long with Eleanor Schano



Complete Proteins

with Nutritionist Sara Parr

Wild Rice Salad with Pecans and Oranges

A quick, easy dish that can be made ahead of time!

Serves 8-10 people

Ingredients

3 cups white basmati rice (cooked)
1 cup wild rice (cooked)
1 cup pecan halves
1 cup chopped oranges
1/2 tsp. salt
1 cup thinly sliced scallions
1 cup orange juice
1/4 tsp. toasted sesame oil

Preparation

Chill rice after cooking and add: nuts, chopped orange, pecans, and scallions. mix orange juice, sesame oil and salt together. Fold rice and orange juice mixtures together and serve chilled.

Nutrition Facts: (based on eight servings)

Calories: 448, Calories from Fat: 96

Percentage Daily Value:

Total Fat: 10.6g (16%), Saturated Fat: 1.0g (5%), Cholesterol: 0 mg (0%), Sodium: 153 mg (6%), Total Carbohydrates: 79.1g (26%), Dietary Fiber: 4.4g (17%), Sugars: 6.1g, Protein: 9.8g, Vitamin A 5%, Vitamin C 50%, Calcium 5%, Iron 9%



SHOP 'n SAVE
just right.