



## **Wild Rice Salad with Fruit and Honey-Chipotle Dressing**

*Serves 6*

*Whole grains are a great alternative to pasta. Wild Rice, Quinoa, and others all make delicious summer salads. Use the fruits you have on hand, and toss with this tangy, slightly-smoky dressing and you'll have the makings of a delicious side or snack.*

### **Ingredients**

*For the salad*

2 cups chopped summer fruit (mangoes, peaches, cherries, pineapple, apples, etc.)  
3 cups prepared Wild Rice  
2/3 cup fine chopped celery  
1 medium red pepper, fine chopped (to yield about 2/3 cup)  
2 tablespoons fresh thyme, chopped to release aromatics  
1 tablespoon fresh oregano,  
Sea salt and fresh ground pepper, to season

*For the dressing*

1/2 cup sherry wine vinegar  
1/4 cup honey  
3 star anise (optional)  
1 tablespoon finely chopped chipotle chile with adobo sauce (about 1 large chile)  
1 teaspoon cocoa chile powder (or substitute any chile powder)  
1 cup organic almond oil  
Sea salt, fresh ground pepper to season

### **Preparation**

In a large mixing bowl combine the prepared wild rice, the fruit, the celery, the red pepper, and the herbs. Mix gently to combine.

*Make the dressing:* In a small, heavy sauce pan placed over medium low heat, combine the vinegar and the honey. Add the star anise and bring to a boil. Once boiling, immediately remove from the heat and set aside to cool about 20 to 30 minutes, which allows the star anise flavor to subtly steep into the mixture. Strain the mixture into a small food processor or a blend; discard the star anise. *Note:* if you choose not to use the star anise infusion, simply pour the vinegar and honey into the work bowl of a small food processor and proceed. Add the chile and the chile powder. With the processor running, slowly add the oil to create an emulsified dressing. Check flavor at 1/2 and 3/4 cups of oil. Depending on your flavor preference, you may choose to use less than the full amount of oil.

Add about 1/3 of the dressing to the wild rice salad and toss to moisten. Take care to lightly dress the salad. Pass the extra dressing at the table.