

## Wild Rice and Kale Salad

Serves 4 to 6

1 ½ cups wild rice  
3 ¾ cups water  
pinch of sea salt

4 t 5 curly green kale leaves rinsed and torn in small pieces  
1 small red bell pepper, diced small  
1 bunch green onions cut into thin rounds  
½ cup freshly squeezed lemon juice  
¼ cup extra virgin olive oil  
sea salt and freshly ground black pepper to taste

**Place rice, water, and sea salt into a 3-quart pot. Cover and bring to a boil,  
Then reduce heat to low and simmer for 50 to 55 minutes, remove from heat and let stand at least 30 minutes to cool.**

**Place chopped kale, diced red pepper, sliced green onions, lemon juice, and olive oil into large bowl and gently toss. Add cooked rice, sea salt and ground pepper to taste. Toss again and serve.**

Adapted from Whole Life Nutrition Cookbook