Blue Zones Project®

# Wild Rice and Kale Salad

From the kitchen of:
Blue Zones Project®

Instant Pot Recipe by:
Cookie + Kate

## Ingredients:

1 c wild rice
1 1/4 c water
2 tbsp olive oil
1/4 c lemon juice
1 garlic clove, minced
1 med red bell pepper
2 tsp maple syrup
1/4 tsp fresh ground pepper
1 small bunch kale
5 green onions
1 c cherry tomatoes

Optional:
1/2 c crumbled goat cheese

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## Directions:

Add the wild rice & water. Secure lid & move release valve to sealing. Select Manual/Pressure Cook and cook on high pressure for 22 minutes. While rice is cooking, in a large bowl, whisk together the olive oil, lemon juice, garlic, pepper and maple syrup to make the dressing. Set aside. Remove ribs from the kale and finely chop the leaves (2-3 cups); add kale to the bowl. Chop the green onions and cut the tomatoes into quarters, adding both to the bowl as you work. Seed & chop the bell pepper; add to the bowl. Toss the vegetables to coat well in the dressing.

When cooking cycle is complete, let pressure naturally release for 10 min, then move release valve to venting. When the floating valve drops, remove lid and give the rice a stir. Add rice to bowl of dressed vegetables. Toss well to coat. Note: Recommended to chill the bowl in the fridge for 30 minutes.

Just before serving, stir in the cheese and taste to adjust the seasonings. Add an extra squeeze of lemon juice to brighten.

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