

Chieftain's Polynesian Summer Salad

2 cups **Chef Ready Dry Roasted Wild Rice**
2 cups cooked, cut-up Chicken or Turkey
1-8oz. can Pineapple chunks, drained
1 cup Green Grapes, halved
½ cup coarsely chopped Salted Cashew Nuts
Lettuce leaves, for serving.

Toss the wild rice, chicken, pineapple, green grapes and nuts. Stir the mayonnaise with the chutney and salt; carefully toss it into the salad combination. Cover and chill several hours. Serve on lettuce leaves.

For Dressing:

½ cup Mayonnaise, not salad dressing
2 tablespoons chopped Chutney
½ teaspoon Salt

Spinach Wild Rice Salad

3 cups **Chef Ready Dry Roasted Wild Rice**
1-10oz. Package of frozen chopped Spinach
1 ½ cups cooked par-boiled White Rice, cooled
½ cup **Chieftains Slivered Almonds**
¼ cup Sliced Green Onions with tops
4 slices Bacon, fried and crumbled
Soy sauce dressing

Rinse frozen spinach under running cold water to separate; drain thoroughly. Mix spinach and remaining ingredients except dressing. Pour dressing over rice mixture; toss. Cover and refrigerate at least 3 hours.

For Soy Sauce Dressing: Combine ½ cup Vegetable Oil, 2 tablespoons Vinegar, 3 tablespoons Soy Sauce, 1 tablespoons Sugar, ½ teaspoon Salt & ¼ teaspoon pepper.

Chieftain's Chef Ready ReadyServe Salad Recipes

Cut your prep time! No cooking, no cooling. Just open the shelf stable pouch and use.

Gourmet Wild Rice recipes designed to use with our New Chef Ready, 100% Dry Roasted Rice and/or Whole Grain Pilaf.



Chieftain Wild Rice Company
P.O. Box 550
Spooner, Wisconsin
800-262-6368
715-635-6415 fax
www.chieftainwildrice.com

Summer Seafood Salad

2 cups **Chef Ready Whole Grain Pilaf**
½ pound cooked Crab Meat
1 can sliced Water Chestnuts, drained
½ cup sliced Celery
¼ cup sliced Green Onions, including tops
¼ cup each Yogurt and Dairy Sour Cream
1 tablespoon fresh Lemon Juice
¼ teaspoon Hot Pepper Sauce
¼ teaspoon Salt

Combine Pilaf, crabmeat, water chestnuts, celery and onions. Combine yogurt, sour cream, lemon juice and seasonings in small bowl; blend well. Pour over rice mixture; toss lightly. Serve on lettuce leaves and garnish with tomato wedges.

Gourmet's Delight Wild Rice Salad

4 cups Chef Ready Whole Grain Pilaf
2 cups diced cooked Chicken or Turkey
1 ½ cups Green Grapes, halved
1 cup Cashew Nuts
1 cup coarsely chopped Water Chestnuts
¼ cup Onion, minced
1 cup Mayonnaise
1/3 cup Milk
Salt and Pepper to taste

Mix pilaf, chicken, grapes, cashew nuts, and water chestnuts. Combine mayonnaise, milk and onion until well mixed. Fold into rice mixture. Season with salt and pepper. Chill and serve

Wild Rice and Kidney Bean Salad

5 cups **Chef Ready Dry Roasted Wild Rice**
1 cup Mayonnaise
1 can drained Kidney Beans
½ cup diced Celery
1 small chopped Green Pepper
1 ¼ teaspoon Salt
¾ teaspoon Pepper
1 small Onion
Combine all ingredients and chill.

Calico Spinach Salad

4 cups **Chef Ready Whole Grain Pilaf**

1 bunch fresh Spinach

½ cup toasted Slivered Almonds

3 Green Onions, sliced with tops

6 pieces of Bacon, fried and crumbled

Soy Sauce Dressing (directions below)

Rinse Spinach and tear into bit size pieces. Drain thoroughly. Mix the remainder of the ingredients with the spinach, except the dressing. Pour dressing over mixture, toss, cover and refrigerate at least 3 hours.

Soy Sauce Dressing:

½ cup Vegetable Oil

2 Tablespoons Vinegar

2 Tablespoons low sodium or regular Soy Sauce

1 Teaspoon Sugar

Pepper to taste

Curried Turkey and Wild Rice Salad

1 ½ cups **Chef Ready Whole Grain Pilaf**

1 tablespoon Vinegar

2 tablespoons Salad Oil

1 teaspoon Salt

¾ teaspoon Curry Powder

2 cups cooked Turkey or Chicken, cubed

1 cup chopped Celery

¼ cup chopped Green Pepper

1-10 oz. package frozen Green Peas

½ cup Mayonnaise or Salad Dressing

Toasted Slivered Almonds

Mix rice with vinegar, oil, salt and curry powder. Cook and drain peas. Refrigerate For several hours. Just before serving, combine with turkey, celery, green pepper, peas and mayonnaise. Serve on bed of salad greens; garnish with toasted almonds.

Chieftain's Balsamic Wild Rice Salad

10 cups **Chef Ready Dry Roasted Wild Rice**

2 med. Yellow Bell Peppers (chopped into small squares)

2 med Red Bell Peppers (chopped into small squares)

Approx. 12 Scallions, thinly chopped

2 cups Carrots, cut into Julienne Strips

2 cups thinly sliced Celery

6 chopped fresh Basil Leaves

Mix all ingredients together and add enough vinaigrette to the desired taste.

Season to taste with seasoning salt, garlic powder, and black pepper.

Kraft Balsamic Vinaigrette is recommended, but all of the ingredients can be changed to you own desired color, taste plate presentation and brand of dressing.

Wild Rice Broccoli Cauliflower Salad

2 cups **Chef Ready Dry Roasted Wild Rice**

2 cups chopped Broccoli

2 cups chopped Cauliflower

1 medium chopped Onion

½ pound Bacon, fried crispy & crumbled

½-1/2 cup Parmesan Cheese

Dressing:

1 ½ cups Miracle Whip

½ Sugar

¼ cup Milk

Salt & Pepper to taste

Mix together & refrigerate until chilled.

Mexican Chef Salad with Wild Rice

2 cups **Chef Ready Whole Grain Pilaf**

1 pound browned Ground Beef

1 head shredded Lettuce

2 cups shredded Cheese

2 chopped Tomatoes

1 bag of Taco Chips

1-12 oz. can of Kidney Beans

Brown ground beef; drain grease. Add drained kidney beans and rice to meat and keep warm until salad is done. Shred head of lettuce. Add chopped tomatoes and cheese to shredded lettuce. Add meat mixture to salad mixture and blend thoroughly; add crushed taco chips. Serve with sour cream and taco sauce.

Waldorf Chicken Salad with Wild Rice

3 cups **Chef Ready Dry Roasted Wild Rice**

2 cups cooked Chicken, cooled and chopped

3 Apples, diced

1 tablespoon Lemon Juice

2 tablespoons Sugar

2 cans Mandarin Oranges

2 cups diced Celery

2 cups Grapes

1 ½ cups Strawberries

1 ½ cups Blueberries

1 ½ cups cashews

For Sauce:

2 ½ cups Mayonnaise

¼ cup Cream

¼ cup Balsamic Vinegar

¼ cup Sugar

Dice apples, add sugar and lemon juice, set aside. Combine wild rice, chicken, mandarin oranges, celery. Season with salt and pepper to taste.

For sauce:

Combine mayonnaise, cream, vinegar, and sugar; pour over salad. Place in 9"x13" pan. Top with 1 ½ cups blueberries, 1½ cups strawberries, and 1 ½ cups cashews.

