

Broccoli and Rice Salad

3 cups **Special Basmati Blend**,
cooked and cooled
1 lb. fresh broccoli, cut into small pieces
1 cup finely chopped red onions
5 strips of bacon
Sunflower seeds

Sauce:

2 tablespoons apple cider vinegar
¼ cup sugar
1 cup mayonnaise

Fry bacon; let cool and cut into small pieces. Combine rice, bacon, broccoli, onions and sunflower seeds.

For sauce, thoroughly combine vinegar, sugar and mayonnaise.

Pour sauce over rice mixture and serve chilled.

Wild Rice and Fruit Salad

4 cups **Savory Blend**, cooked and cooled
1 tablespoon nut or olive oil
2 medium tart apples, cored and diced
½ cup dried cranberries
⅓ cup fresh orange juice, or more as needed
2-3 green onions (white & green parts) thinly sliced
Pinch each of ground cinnamon and nutmeg
¼ cup pecans, chopped
2 tablespoons fresh parsley, chopped

In a large frying pan, heat oil over medium heat. Add apples and cook 5 minutes. Stir in rice mixture along with cranberries, orange juice, onion, cinnamon and nutmeg. Season with salt and pepper to taste. Reduce heat to low and cook, stirring often, about 5 minutes. Add a bit more orange juice if mixture seems dry. Stir in pecans and parsley and serve at room temperature.

Cheese Wild Rice Salad

2 cups **Chieftain's Dry Roasted Wild Rice®**,
cooked and cooled
4 hard boiled eggs, chopped
¼ cup pimento-stuffed olives, sliced
1 cup diced longhorn cheese or cheddar cheese
⅔ cup mayonnaise
¼ cup pecans, chopped

Toss wild rice, hard boiled eggs, olives, cheese and mayonnaise. Mix well. Serve on lettuce leaves; sprinkle each salad with chopped pecans.

Northwoods Waldorf Salad

3 cups **Chieftain's Dry Roasted Wild Rice®**,
cooked and cooled

4 cups diced apples
2 tablespoons sugar
1 tablespoon lemon juice
2 cups diced celery
2 cups mandarin oranges, drained
½ cup maraschino cherries, chopped
1 cup walnuts, coarsely chopped
⅔ cup salad dressing
1½ cups whipped cream, whipped (optional)

Mix apples, sugar and lemon juice together. Add cooked wild rice, celery, oranges, cherries, walnuts and salad dressing. Fold together. Serve chilled.

If whipping cream is used, fold salad dressing into whipped cream and add the above mixture. Fold in and serve chilled.

Summer Seafood Salad

2 cups **Pasta Rice Blend**, cooked and cooled
½ pound cooked crab meat
½ cup sliced water chestnuts, drained
½ cup celery, sliced
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 wild rice, crab meat, 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

3 cups **Calico Blend** cooked with
Chicken Seasoning, cooled
1 cup diced cooked chicken or turkey
1½ cups green grapes, halved
1 cup cashew nuts
1 cup coarsely chopped water chestnuts, or
cooked and coarsely chopped artichokes bottoms
1½ teaspoons seasoning salt
1 cup mayonnaise or salad dressing
Lettuce leaves

Combine wild rice with the chicken, grapes, nuts and water chestnuts. Add the salt and mayonnaise; toss gently to blend thoroughly. Chill to blend flavors. Serve on lettuce leaves.

Salad Recipes using Chieftain's Dry Roasted Wild Rice® & Wild Rice Blends

These recipes can be used as a side salad or use as a filling for a croissant or wrap.



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Use any of Chieftain's blends or Dry Roasted Wild Rice® in these recipes!

For more recipe ideas, please see our website.

Waldorf Salad

from Chef Jeff La Beau

International Chefs Culinary Center

3 cup **ReadyServe Wild Rice**

1 cup dried fruit, cranberries or cherries

1 cup apples, diced, Granny Smith or
Golden Delicious

½ cup walnuts, chopped

½ cup celery, chopped, same size as apples

Chantilly Dressing:

1/3 cup mayonnaise

1/3 cup sour cream

1/3 cup flavored whip cream

sugar & vanilla, to taste

Grande Marne, to taste

Mix salad ingredients together. Coat mixture with dressing and chill. Serve very cold.

Midwest Salad

6 cups **Midwest Medley**, cooked and cooled

2 celery ribs, diced

2 small vine-ripened tomatoes, seeded and diced

½ cup carrot, diced

½ cup red onion, chopped fine

½ cup red bell pepper, diced

½ cup green bell pepper, diced

½ cup yellow bell pepper, diced

½ cup sliced almonds, toasted

½ cup raisins

6 tablespoons balsamic vinegar

3 tablespoons vegetable oil

1 teaspoon minced garlic

Salt and pepper to taste

In a large bowl, combine vegetables, almonds and raisins and toss with cooled wild rice blend. In separate bowl, whisk together balsamic vinegar, oil, garlic, salt and pepper. Pour dressing over salad and toss well. Salad may be made up to two days ahead and chilled, covered.

Festival Fruit Salad

2 cups **Festival Blend** cooked with

Maple/Apple Seasoning; cooled

1 apple-diced

1 small container Cool Whip

Small bunch red grapes-halved

Cinnamon & sugar to taste

Fold ingredients together until blended. Serve.

Fruity Rice Salad

3 cups **Country Harvest**, cooked and cooled

1½ cups chicken, cooked and cubed

½ cup mayonnaise

½ cup Ranch salad dressing

1 teaspoon salt

¾ cup celery, sliced

½ cup pineapple tidbits, drained

½ cup mandarin oranges, drained

½ cup slivered almonds, toasted

In large bowl, combine mayonnaise, salad dressing and salt. Fold in chicken, rice, celery and fruit. Cover and chill until ready to serve; add almonds.

Nutty Wild Rice Salad

3 cups **Spring Blend** cooked with

Chicken Seasoning, cooled

3 tablespoons lemon juice

2 teaspoons olive oil

2 teaspoons honey

2 kiwis, peeled and diced

1 cup seedless red grapes, halved

1½ tablespoons pecans, toasted and chopped

Whisk together lemon juice, olive oil and honey in a small bowl until honey is dissolved. Season with salt and pepper. Place rice in a salad bowl, add kiwi, red grapes and pecans. Drizzle on dressing and gently toss.

Spring Quinoa Salad

4 cups **Quinoa Confetti Blend**, cooked and cooled

1/3 cup plus 2 tablespoons fresh lemon juice

¼ cup plus 2 tablespoons minced red onion

¾ teaspoon salt

1 large cucumber, peeled, seeded and finely chopped

2 celery stalks, finely chopped

1/3 cup fresh mint, chopped

Black pepper, to taste

Stir together lemon juice, onion and salt in a small bowl; set aside. In large bowl, combine rice cucumber, celery and mint. Add lemon juice mixture and toss to coat salad. Season with black pepper to taste. Serve at room temperature.

Wild Rice Cabbage Salad

3 cups **Savory Blend**, cooked and cooled

1 cup bacon, cooked and drained

1 chopped red cabbage

1 cup toasted soy beans

1 cup mayonnaise

1 cup sunflower seeds

Mix all ingredients and serve. Adjust mayonnaise to desired consistency.

Wild Rice Barley Salad

2 cups **House Blend**, cooked and cooled

½ cups green pepper, chopped

½ cup ripe/black olives, sliced

¼ cup dried cranberries, cherries or apricots

Dressing:

¼ cup balsamic vinegar or red wine vinegar

2 tablespoons fresh basil, minced

1 tablespoon chopped green onion

2 garlic cloves, minced

½ teaspoon pepper

1/3 cup olive or vegetable oil

Combine rice, barley, green pepper, olives and fruit in a large bowl. In a blender, combine vinegar, basil, green onion, garlic and pepper. While processing, gradually add oil in a steady stream. Drizzle over salad ingredients and toss to coat. Cover and refrigerate until chilled.

Wild Rice Salad

4½ cups **Chef's Top Blend**, cooked and cooled

1/3 cup dried cranberries

1 cup parsley, chopped

1/3 cup pecans

6 scallions, finely chopped

1 cup diced yellow tomatoes

1 cup raspberry vinaigrette dressing

Salt and pepper, to taste

In large bowl, combine rice, cranberries, parsley, pecans, scallions and tomatoes. Add vinaigrette, salt and pepper; toss to coat salad.

Shirley's Wild Rice and Kidney Bean Salad

5 cups **Calico Blend**, cooked and chilled

1½ cups mayonnaise

1 can drained kidney beans

½ cup diced celery

1 small chopped green pepper

1 teaspoon salt

¾ teaspoon pepper

1 small chopped onion

Combine all ingredients and refrigerate.

