

Chicken & Wild Rice Salad with Almonds

Recipe of the Month | DEC

WAC Fun Food Fact

Making your own salad dressing is easy! Making more homemade dressings will save money and help you limit additives in your diet.



Ingredients

Dressing:

- 1/4 cup fig vinegar or white wine vinegar
- 2 teaspoons sugar
- 1 teaspoon Dijon mustard
- 1/4 teaspoon salt
- 1 garlic clove, minced
- 2 tablespoons canola oil

Remaining Ingredients:

- 2 cups fat-free, less-sodium chicken broth
- 1 1/2 cups uncooked wild rice
- 1 tablespoon butter
- Cooking spray
- 1 pound skinless, boneless chicken breast
- 1/4 teaspoon salt
- 1/8 teaspoon black pepper
- 1 cup chopped celery
- 1/2 cup shredded carrots
- 1/3 cup dried cranberries
- 1/4 cup chopped almonds, toasted
- 2 tablespoons minced red onion

Preparation

1. To prepare dressing, combine first 5 ingredients in a medium bowl. Gradually add oil, stirring with a whisk until well blended. Cover and chill.
2. Combine broth, rice, and butter in a medium saucepan; bring to a boil. Cover, reduce heat, and simmer 45 minutes or until rice is tender and liquid is absorbed. Remove rice mixture from heat; cool.
3. Heat a grill pan over medium-high heat. Coat pan with cooking spray. Sprinkle chicken with 1/4 teaspoon salt and pepper. Add chicken to pan; cook 8 minutes on each side or until done. Cool; cut into 1/2-inch cubes.
4. Combine cooked rice, chicken, celery, carrots, cranberries, almonds, and red onion in a large bowl. Add dressing; toss gently to coat. Cover and chill.



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