Pomegranate, Kale, and Wild Rice Salad

Ingredients:

- 1 cup pomegranate arils
- 2 cups baby kale,chopped
- 2 cups wild rice,cooked
- 1/4 cup walnuts,toasted
- 1/4 cup feta cheese
- 1/2 cup onion or shallot, minced
- 2 tablespoons olive oil
- 2 tablespoons water
- 2 tablespoons honey
- 1/2 tablespoon apple cider vinegar
- 1/2 teaspoon salt
- 1 squeeze lemon or orange juice

Directions

1. Prep the salad ingredients combinding baby kale, pomegranate arils, wild rice,toasted walnuts, and feta cheese. Chill the ingredients in the fridge while you're making the dressing if you want a cold salad.
2. Mince shallot or onion and sauté in 1/2 tablespoons olive oil. When soft and fragrant, remove from heat and transfer to a food processor.
3. Pulse the onions or shallot with the remaining olive oil, water, honey, apple cider vinegar, salt, and a squeeze of lemon or orange juice until smooth and creamy. Adjust to taste .
4. Add additional olive oil or water to keep the mixture moving through the food processor.
5. Toss the salad together with the dressing just before serving. Serve this at room temperature or slightly chilled.

Nutrition Facts

Serving Size (187g)
Servings Per Container 4

Amount Per Serving

Calories 290 Calories from Fat 120

	% Daily Value*
Total Fat 14g	**22%**
Saturated Fat 2g	**10%**
Trans Fat 0g	
Cholesterol 5mg	**2%**
Sodium 370mg	**15%**
Total Carbohydrate 37g	**12%**
Dietary Fiber 4g	**16%**
Sugars 15g	
Protein 7g	

Vitamin A 20% • Vitamin C 25%

Calcium 6% • Iron 6%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

Benteh Nuutah Valley Native Primary Care Center | Wellness Center
(907) 631-7630 | southcentralfoundation.com

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