Gingered Farro and Wild Rice Salad

Ingredients:

- 1/4 cup walnuts, chopped and toasted
- 4 cups water
- 1/3 cup farro
- 3/4 cup wild rice, quick cooking
- 1/2 cup red onion, diced
- 1-2 medium jalapeno, seeded and finely chopped
- 2 teaspoons lemon zest
- 1 tablespoon lemon juice
- 1 1/2 teaspoon light soy sauce
- 1 tablespoon ginger, grated
- 3 Tablespoons stevia or sugar
- 2 teaspoons olive oil
- 1 1/2 cups raspberries
- 1/4 teaspoon salt, optional

Directions

1. Heat a medium-sized saucepan over medium-high.
2. Add walnuts; cook 2-3 minutes or until beginning to lightly brown, stirring occasionally. Set aside on separate plate.
3. Add water to pan and bring to boil over high heat.
4. Stir in farro. Reduce heat to medium-low and simmer, uncovered, 10 minutes.
5. Stir in rice, cover and simmer five minutes or until farro is tender.
6. Drain in fine mesh sieve and run under cold water to cool, shaking off excess liquid.
7. In medium bowl, combine all ingredients, except raspberries, and stir until well blended.
8. At time of serving, add raspberries and toss gently. Serve immediately.

Nutrition Facts

6 servings per container

Serving size **(252g)**

Amount per serving

Calories **200**

	% Daily Value*
Total Fat 6g	**8%**
Saturated Fat 0.5g	**3%**
Trans Fat 0g	
Cholesterol 0mg	**0%**
Sodium 35mg	**2%**
Total Carbohydrate 34g	**12%**
Dietary Fiber 3g	**11%**
Total Sugars 1g	
Includes 0g Added Sugars	**0%**
Protein 5g	
Vitamin D 0mcg	0%
Calcium 40mg	4%
Iron 1mg	6%
Potassium 32mg	0%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

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

Source: redrazz.org