



Turkey and Wild Rice Salad

Serves: 4, **Serving size:** 1 cup rice mixture and 1/2 cup spring greens

Ingredients

- 1 cup uncooked wild rice blend
- 1/3 cup whole-berry cranberry sauce
- 2 Tbsp. turkey stock
- 8 oz can water chestnuts, diced
- 1 1/2 Tbsp. balsamic vinegar
- 1/4 teaspoon freshly ground black pepper
- 1/4 teaspoon Dijon mustard
- 1 1/2 Tbsp. extra virgin olive oil
- 1 1/2 cups shredded cooked turkey (light and dark meat)
- 1 cup diced celery
- 1/2 cup finely chopped green onions
- 1/3 cup dried cranberries
- 1/4 cup chopped fresh parsley
- 2 cups spring green mixture

Directions

1. Wash hands with soap and water.
2. Wash and prep fresh produce.
3. Cook rice according to package directions. Cool.
4. Wisk together cranberry sauce, turkey stock, balsamic vinegar, pepper, mustard in a small bowl.
5. Gradually add oil, continually stirring with a whisk.
6. Add cranberry sauce mixture, turkey, celery, onions, water chestnuts, cranberries, and parsley to rice mixture; toss gently to coat. Serve over spring greens.

Nutrition Facts: Calories 261, Total fat 8.3 g, Saturated fat 1.8 g, Monounsaturated fat 4.3 g, Polyunsaturated fat 1.4 g, Cholesterol 41mg, Protein 18 g, Carbohydrates 29 g, Fiber 2 g, Sodium 557 mg

Recipe adopted from: Myrecipes.com, 2020

Fun Facts and Tips for the Kitchen:

- Leftovers should be stored within two hours of cooking. Divide leftovers into smaller portions and refrigerate or freeze them in covered shallow containers so they cool quickly. Why divide leftovers into smaller portions? A large container or whole turkey will take too long to cool down to a safe temperature, which gives bacteria a chance to multiply, increasing the risk of foodborne illness.
- Leftovers can be kept in the refrigerator for three to four days. If you store leftovers in the freezer, they will be of best quality within 2-6 months.

Delgadillo, P., & Incense, S. (2019, July 12). Thanksgiving Leftovers for Safe Keeping, Weekend Grazing. Retrieved November 23, 2020, from <https://www.usda.gov/media/blog/2018/11/23/thanksgiving-leftovers-safe-keeping-weekend-grazing>