**ILLINOIS** EXTENSION

COLLEGE OF AGRICULTURAL, CONSUMER & ENVIRONMENTAL SCIENCES Recipe provided by:

Nutrition & Wellness Educator Jenna Smith, MPH, RD Serving McLean, Livingston, & Woodford Counties

## Wild or Brown Rice Persimmon Salad



Vinaigrette 1/4 cup orange juice 2 Tablespoons olive oil 1 teaspoon rice vinegar 1/2 Tablespoon maple syrup 3/4 teaspoon cumin 1/2 teaspoon coriander 1/4 teaspoon salt 4 cups wild or brown rice, cooked 2 persimmons, chopped 1 cup cooked, chopped beets 1 cup fresh basil, chopped 8 oz. feta cheese

Instructions: Whisk together vinaigrette dressing ingredients; set aside. Stir persimmons, beets, basil and feta into rice and toss with vinaigrette. May serve warm or cold. Refrigerate leftovers within two hours.

Yield: 10 servings

Nutrition Facts (per serving): 200 calories, 6 grams fat, 350 milligrams sodium, 26 grams carbohydrate, 2 grams fiber, 7 grams protein