

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