



Local Wild Rice and Asparagus Salad

SERVINGS: 4

PREPPING TIME: 15 MIN

COOKING TIME: 45 MIN

Ingredients

2 cups Wild Rice (Northern Latitude Foods)
2 bunch thinner asparagus (Coleen or Red Wheel Barrow)
1 bunch spring onion or scallion (Mountain Cloud Farms)
1/2 cup feta crumbled (Mountain Cloud Creamery)

1 bunch cilantro or any herb (Good Food Farms)
1 bunch flowering Siberian Kale (Good Food Farm)
1/4 cup sunflower oil (Circadian Farms)
1/4 c vinegar
1 clamshell Micro Greens
Zest and juice of one lemon
Salt, pepper and chili flake to taste



Directions

1. Cook Wild Rice according to instructions on back of package. Let cool.
 2. Chop asparagus and spring onion thinly and marinate in sunflower oil, vinegar of choice and zest/juice of lemon with pinch of salt and pepper.
 3. Chop herbs and kale finely and add to cooled cooked wild rice.
 4. When ready to serve, mix marinated asparagus and onion mix into rice/herb mix and season with more salt, pepper and chili flake.
 5. Top salad with crumbled feta, microgreens and fresh cracked pepper.
- ENJOY!