



# Laura's Recipe Corner

Great Recipes from Laura McKay!

## Kale (or Collard) and Wild Rice Bowls with Honey-Balsamic Vinaigrette

[http://iowagirleats.com/2014/04/16/kale-and-wild-rice-bowls-with-honey-balsamic-vinaigrette/#\\_a5y\\_p=1526751](http://iowagirleats.com/2014/04/16/kale-and-wild-rice-bowls-with-honey-balsamic-vinaigrette/#_a5y_p=1526751);  
Modifications in red by Laura McKay, B.S., Health Educator. Modifications are adjusted to comply with the Bon Appetit Rotation Diet.

serves 2 generously

### Ingredients

1 cup wild rice blend  
2 cups chicken broth (use veggie or turkey broth for Day 3)  
1 chicken breast, cut into bite-sized pieces (use 1 turkey breast instead for Day 3)  
salt, pepper and garlic powder  
4 cups chopped kale (or collard greens for Day 3)  
1 apple, chopped (can use a fruit from Day 3, ie. figs, olives in water)  
2 oz goat cheese, crumbled (omit if mold sensitive and for Day 3)  
1/4 cup dried cranberries  
1/4 cup sliced almonds (use chopped pistachios or pepitas for Day 3)  
For the Honey-Balsamic Vinaigrette:  
1/4 cup extra virgin olive oil  
2 Tablespoons balsamic vinegar (omit, use fresh squeezed lemon juice)  
1 Tablespoon honey  
1 clove garlic, micro-planed or finely minced  
salt and pepper



### Directions

Bring chicken broth to a boil in a medium-sized pot then add rice, place a lid on top, turn heat down to medium-low and simmer until tender, 35-40 minutes. Remove from heat then let sit for 10 minutes to continue steaming, then fluff and let cool slightly.

Meanwhile, combine ingredients for Honey-Balsamic Vinaigrette in a jar or small bowl then shake or whisk to combine and set aside.

Season chicken with salt, pepper and garlic powder then saute in a non-stick sprayed skillet over medium-high heat until no longer pink in the center. Remove to a plate then set aside.

In a very large bowl combine warm rice, chicken, kale, apple, goat cheese, dried cranberries, and sliced almonds. Drizzle with vinaigrette then toss with tongs to evenly coat and then serve. May need to do this in two batches.

**\*\*If Kale is Day 1, you can replace it with Collard Greens for Day 3 to work on the Rotation Diet.**



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