

Instructors:

Fry's Fresh Attractions Workshop

- Executive Chef Jon Mortimer, CEC

The Allergy & Environmental Treatment Center

- Sharon Gwozdek, RN, BSN
- Laura McKay, BS, Health Educator



Featured Recipe: Wild Rice and Blueberry Salad

(For those following a Rotation Diet, this is a Day - 3 Recipe)



Ingredients:

- 1 c. wild rice
- 1 pt. blueberries
- 1/2 c. toasted pine nuts (omit, use chopped, lightly toasted, Day 3 nuts)
- 1 T. white balsamic vinegar (omit, use lemon juice instead)
- 1 T. olive oil
- 1 T. agave nectar
- 1/2 tsp. sea salt

Preparation:

1. Cook wild rice according to package directions and set aside to cool.
2. Toast pine nuts (Day 3 nuts) and set aside.
3. Mix balsamic vinegar (lemon juice), olive oil, agave nectar, and sea salt in a small bowl.
4. When the rice has cooled, fold in the pine nuts, blueberries and mixed liquids until thoroughly combined.
5. Refrigerate for that cold nip.

This recipe is from Gluten-Free Cat. Find more at <http://www.glutenfreecat.com>.
Modified by Laura McKay, B.S, Health Educator

Bon Appétit