

# Featured Recipe

## Healthy Wild Rice Salad

### INGREDIENTS:

3 cups water  
1 cup uncooked wild rice  
4-1/2 tsp. butter  
1 cup cut fresh green beans  
1 cup cubed cooked chicken breast  
1 medium tomato, chopped  
1 bunch green onions, sliced  
1/4 cup apple cider vinegar (may use rice vinegar)  
1 Tbsp. sesame oil  
1 garlic clove, minced (garlic lovers, add 2 cloves)  
1/2 tsp. dried tarragon  
1/4 tsp. pepper



### PREPARATION:

In a large saucepan, bring the water, rice and butter to a boil. Reduce heat; cover and simmer for 45 - 60 minutes or until rice is tender. Drain if necessary; transfer to a large bowl and cool completely.

Place green beans in a steamer basket; place in a small saucepan over 1 inch of water. Bring to a boil; cover and steam for 8 - 10 minutes or until crisp-tender.

Add the chicken, tomato, onions and green beans to the rice; stir until blended. Combine the remaining ingredients; drizzle over mixture and toss to coat. Refrigerate until chilled.

### Bon Appetit!

Allergy & Environmental Treatment Center provides quality care to individuals suffering from a variety of debilitating symptoms associated with food, environmental and chemical allergies.

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Sincerely,  
Sharon Gwozdek, R.N., B.S.N  
Allergy & Environmental Treatment Center