

Wild Rice Salad

1 cup wild rice
1/2 t salt
1 cup marinated artichoke hearts, drained and halved, reserve marinade
1 cup frozen peas
1/3 cup coarsely chopped red or green bell pepper
3 green onions, chopped, white and green parts
1 cup cherry or grape tomatoes, halved

Dressing:

1 1/3 cups extra virgin olive oil
1/2 cup white wine vinegar
1/4 cup grated Parmesan
1 tablespoon sugar
1 teaspoon salt
1 teaspoon celery seed
1/2 teaspoon ground white pepper
1/2 Tablespoon Dijon mustard
1/4 teaspoon paprika
1 clove garlic, minced

Directions

In a medium saucepan with a lid, bring 4 cups water and the salt to a boil. Add the rice and stir well. Reduce the heat to low, cover, and simmer for 45 minutes to 1 hour. The rice is done when it is burst open and curled. Drain excess liquid from the rice.

Meanwhile, combine all the dressing ingredients in a jar with a tight-fitting lid and shake well. Refrigerate until ready to use.

In a large bowl, combine the rice, artichoke hearts, peas, green pepper, green onions, tomatoes, and half of the dressing. Toss well. Cover and chill or eat at room temperature. Just before serving, toss again and taste. Add some of the remaining dressing, if desired.

This dressing is very good over a potato salad with lots of vegetables, especially red bell peppers and sliced zucchini.