



Blueberry/Walnut Wild Rice Salad (p.1)

Makes 4 servings

Ingredients: Salad

½ cup chopped toasted walnuts
1 pint washed & drained blueberries
¼ tsp sugar
½ tsp. chopped tarragon
Salt & Pepper to taste
2 Cups cooked & cooled wild rice
6 oz (¾ cup) cooked, chunked chicken
1 orange (peeled, seeded, in segments)
1 head butter lettuce

Ingredients: Dressing

½ cup fresh orange juice
2 Tbsp champagne or white wine vinegar
1 Tbsp chopped flat leafed Parsley
2 tsp. chopped fresh thyme
1 Tbsp. walnut or olive oil



Blueberry/Walnut Wild Rice Salad (p.2)

Directions: In large bowl combine blueberries, sugar, tarragon and salt & pepper to taste. Combine by stirring and let stand 15 minutes. Add nuts, chicken and rice. Combine dressing ingredients. & pour over blueberry rice mixture. Adjust seasonings. This may be made in advance and refrigerated.

To Serve: Divide letter & orange segments among 4 plates & top with salad mixture.

Note: Turkey may be substituted for chicken.
Almonds may be substituted for walnuts.