



## Wild Rice, Arugula, Sweet Potato and Cashew Salad

Recipe By JOHN GIFALDI

SERVES: 6

### INGREDIENTS:

- |   |   |
|---|---|
| <input type="checkbox"/> 5-6 cups arugula                         | <input type="checkbox"/> onion powder, to taste |
| <input type="checkbox"/> 1 cup blend of purple, red and wild rice | <input type="checkbox"/> salt, to taste         |
| <input type="checkbox"/> 1 large, sweet potato, <i>diced</i>      | <input type="checkbox"/> chili powder, to taste |
| <input type="checkbox"/> 2 cups water garlic powder, to taste     | <input type="checkbox"/> ¼ cup raisins          |
|   | <input type="checkbox"/> ¼ cup cashews          |

### DRESSING:

- ☐ ¼ cup extra virgin olive oil
- ☐ 1-2 tbsp. lemon juice
- ☐ 1-2 tsp. honey
- ☐ ¼ tsp. garlic powder

### DIRECTIONS:

- ☐ 1. In a saucepan, mix 1 cup of wild rice with 2 cups of water. Bring to a boil then reduce to low, cover and cook until the water is absorbed, and the rice is tender. Let cool.
- ☐ 2. Set oven to 400°F.
- ☐ 3. Spread diced and peeled sweet potatoes on a cookie sheet lined with parchment paper. Drizzle with olive oil and season with garlic powder, onion powder, chili powder, and salt. Bake for 20 minutes or until they are fork-tender.
- ☐ 4. Mix together all of the ingredients listed above for the dressing and set aside.
- ☐ 5. In a large bowl mix ½ of the dressing with the arugula.
- ☐ 6. Add the cooled rice, cashews and raisins to the bowl with the arugula. Add the rest of the dressing and toss the salad.

**Did you make this recipe?**

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