

# Fruited Rice and Nut Salad

24 Servings



**Pacific Northwest  
Canned Pears**

Always ripe. Always ready.

## Ingredients

12 cups prepared wild rice-long grain blend rice  
5 cups Pacific Northwest Canned Pears, diced, drained and juice reserved  
4 cups diced red peppers  
3 cups thinly sliced scallions  
2 cups (about 10 ounces) lightly toasted pecans, coarsely chopped  
1-1/2 cups dried cranberries  
1 cup coarsely chopped fresh parsley  
3-1/4 cups Raspberry Dressing (recipe follows)

### RASPBERRY DRESSING

1 cup raspberry vinegar  
1/3 cup reserved Pacific Northwest Canned Pear juice  
1/4 cup Dijon mustard  
1/4 cup freshly squeezed orange juice  
2 tablespoons finely chopped orange zest  
1-1/2 cups canola or vegetable oil  
Kosher salt and freshly ground black pepper to taste

## Method

In a large bowl, combine the rice, pears, peppers, scallions, pecans, cranberries and parsley. Toss thoroughly to distribute the ingredients.

Add the Raspberry Dressing and stir gently to evenly coat. Cover the bowl and refrigerate the salad at least 2 hours before serving.

### RASPBERRY DRESSING

In a medium bowl, whisk the vinegar, pear juice, mustard, orange juice and zest together. Slowly drizzle in the oil in a steady stream, whisking continuously until the vinaigrette is emulsified and smooth. Season to taste with salt and pepper. Makes 3-1/4 cups

## Servings

Makes 24 servings

## Nutrition

<i>Calories</i>	400
<i>Calories from Fat</i>	210
<i>Fat</i>	23g
<i>Saturated Fat</i>	1.5g
<i>Cholesterol</i>	0mg
<i>Sodium</i>	520mg
<i>Carbohydrate</i>	47g
<i>Dietary Fiber</i>	4g
<i>Sugar</i>	16g
<i>Protein</i>	5g
<i>Vitamin A</i>	20% DV
<i>Vitamin C</i>	90% DV
<i>Calcium</i>	4% DV
<i>Potassium</i>	5% DV
<i>Iron</i>	10% DV