



Makes 12 cups
Preparation Time: 20 minutes
Cook Time: 40 minutes

INGREDIENTS:

⅓ cup white wine vinegar
¼ cup orange juice
1 tablespoon poppy seeds
1 tablespoon stone-ground mustard
1 tablespoon pure maple syrup
¼ teaspoon onion powder
Sea salt, to taste
Freshly ground black pepper, to taste
1½ cups dry brown and wild rice blend
2 medium red apples
4 clementines
1 medium yellow summer squash
1 8-oz. package cooked beets
6 cups mixed salad greens
2 cups fresh blueberries

Eat-the-Rainbow Salad

Eating a colorful array of fruits and vegetables not only keeps meals interesting but also ensures you get the full spectrum of phytonutrients available from all the different color groups. This eye-catching rainbow salad features chewy **wild rice**, sweet red apples, tangy clementines, earthy beets, and tender salad greens to pack your bowl full of healthful ingredients. The zesty Orange-Poppyseed dressing comes together in a flash. Hearty enough to enjoy on its own, make this vibrant salad a staple of your weekday **lunch routine** to feel nourished and satisfied until dinnertime.

By Nancy Macklin, RDN

- 1** For Orange-Poppyseed Dressing, in a small bowl whisk together the first six ingredients (through onion powder). Season to taste with salt and freshly ground black pepper, and set aside until serving.
- 2** In a medium saucepan combine rice and 4 cups water. Bring to boiling; reduce heat. Cover and simmer 30 to 40 minutes or until rice is tender. Spread rice in a shallow baking pan to cool.
- 3** Meanwhile, core and thinly slice apples, peel and section clementines, halve yellow squash lengthwise then cut crosswise into ½-inch slices, and slice or wedge beets.
- 4** Spread salad greens on a large platter. Top with cooled rice. Arrange apples, clementines, squash, beets, and blueberries on the rice. Drizzle with Orange–Poppy Seed Dressing.