WILD RICE SALAD RECIPE

1 quart water, chicken stock or vegetable stock
1 cup wild rice, rinsed
Sea Salt

Bring the water or stock to a boil in a large saucepan, add salt to taste and the wild rice. Lower the heat, cover and simmer for 40 minutes, or until the rice is tender and splayed.

Drain and toss in a large bowl with the remaining salad ingredients:
1/3 cup lightly toasted broken walnut pieces
3 celery stalks, preferably from the heart, thinly sliced on the diagonal (about 1 1/4 cups)
1/2 cup chopped fresh parsley
1 teaspoon finely chopped fresh sage (2 good-size leaves)

For the dressing:
2 tablespoons freshly squeezed lemon juice
2 teaspoons apple cider vinegar
1 small garlic clove, minced
Sea Salt and freshly ground pepper to taste
4 tablespoons extra virgin olive oil
2 tablespoons buttermilk or plain low-fat yogurt

Mix together the lemon juice, vinegar, garlic, salt and pepper. Whisk in the olive oil, and buttermilk or yogurt. Toss with the wild rice mixture. Taste and adjust seasonings, and serve.
Yield: Serves 4 to 6