

# Cherry, Wild Rice & Quinoa Salad

- Recipe from [Eatingwell.com](http://Eatingwell.com)

## Ingredients

3/4 c wild rice  
1/2 c quinoa, rinsed if necessary  
1/4 c extra-virgin olive oil  
1/4 c fruity vinegar, such as raspberry or pomegranate  
3/4 t salt  
1/4 t freshly ground pepper  
2 c halved pitted fresh sweet cherries  
2 stalks celery, diced  
3/4 c diced aged goat cheese, smoked cheddar or other smoked cheese  
1/2 c chopped pecans, toasted

## Directions

1. Bring a large saucepan of water to a boil over high heat. Add wild rice and cook for 30 minutes. Add quinoa and cook until the rice and quinoa are tender, about 15 minutes more. Drain and rinse with cold water until cool to the touch; drain well.
2. Meanwhile, whisk oil, vinegar, salt and pepper in a large bowl. Add the rice and quinoa, cherries, celery, cheese and pecans and toss to combine. Serve at room temperature or cold.

## Nutrition

Per 3/4 c serving: 282 calories, 8 g protein, 3 g fiber, 16 g fat.  
2 Carbohydrate serving  
Exchanges: 1 1/2 starch, 1/2 fruit, 1/2 high fat meat, 2 1/2 fat