

Warm Mushroom, Roasted Asparagus and Wild Rice Salad with Feta

Prep Time: 10 minutes; Cook Time: 50 minutes; Total Time: 1 hour; Servings: 4.

From Closet Cooking: <http://www.closetcooking.com/2011/06/warm-mushroom-and-wild-rice-salad-with.html>

A warm sautéed mushroom, roasted asparagus and wild rice salad with balsamic vinaigrette with crumbled feta.

Ingredients

- 1/2 cup wild rice
- 1 1/4 cups broth, chicken or vegetable
- 1 tablespoon oil
- 1 onion, diced
- 2 cloves garlic, chopped
- 8 ounces mushrooms, cleaned and sliced
- salt and pepper to taste
- 1 tablespoon oil
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- 1 pound asparagus, trimmed and cut into bite sized pieces
- 2 tablespoons dill, chopped
- 1/4 cup balsamic vinaigrette
- 4 cups salad greens
- 1/4 cup feta or goat cheese or blue cheese, crumbled

Directions

1. Bring the wild rice and broth to a boil, reduce the heat and simmer covered, until the rice is tender, about 50 minutes.
2. About 30 minutes in, heat the oil in a pan.
3. Add the onion and sauté until tender, about 3-5 minutes.
4. Add the garlic and sauté until fragrant, about a minute.
5. Add the mushrooms and sauté until just caramelized, about 10-15 minutes, and season with salt and pepper to taste.
6. Meanwhile, toss the asparagus in the oil along with some salt and pepper.
7. Spread the asparagus out in a single layer on a baking dish and roast in a preheated 400F/200C oven until tender, about 10-15 minutes.
8. Mix the wild rice, mushrooms, asparagus, dill and balsamic vinaigrette.
9. Serve with the mushrooms and wild rice on a bed of salad greens, topped with roasted asparagus and garnished with crumbled feta.

Note from Stay Active: Add a protein source to this for a full meal - chicken, firm tofu, steak; even an egg would be delicious!