

In recognition of Heart and Stroke Prevention Month, the Camrose Primary Care Network would like to offer you some heart healthy recipes—approved by the Camrose PCN dietitian! Each recipe is named after one of our 2011/12 Board of Directors in recognition of their dedication and support of healthy lifestyle prevention initiatives in our community. Happy Cooking!



Dr. Peter's Warm Wild Rice and Vegetable Salad

Prep time: 15 min | Cook time: 40 min | Servings: 10 (2 L/8cups)
Developed by Emily Richards, PH Ec. © Heart and Stroke Foundation 2011.

A colorful warm salad that is also delicious cold another day! The combination of wild and brown rice offer up a nutty flavour that makes for a perfect side dish for any meal.



Ingredients

- ◆ 125 mL (1/2 cup) wild rice
- ◆ 500 mL (2 cups) no-salt-added chicken or vegetable broth
- ◆ 250 mL (1 cup) water
- ◆ 250 mL (1 cup) wholegrain brown rice
- ◆ 3 cloves garlic, minced
- ◆ 15 mL (1 tbsp) chopped fresh thyme or 5 mL (1 tsp) dried thyme leaves
- ◆ 3 green onions, thinly sliced
- ◆ 1 carrot, grated
- ◆ 1 stalk celery, diced
- ◆ 1 red bell pepper, chopped
- ◆ 45 mL (3 tbsp) each chopped fresh coriander and mint
- ◆ 25 mL (2 tbsp) sodium reduced soy sauce

Directions

1. In saucepan, bring wild rice, water and broth to boil. Cover and simmer for 15 minutes.
 2. Add brown rice, garlic and thyme; stir and cover and simmer for about 25 minutes or until liquid is absorbed and rice is tender. Fluff with fork and set aside.
 3. In large bowl, combine green onions, carrot, celery and pepper. Add rice mixture and gently stir to combine. Add coriander, mint and soy sauce; stir until well coated.
- Variation: substitute 80 mL (1/3 cup) diced red onion for the green onions.
Storage: cover and refrigerate for up to 2 days.

Nutritional Information per serving (175 mL/ 3/4 cup)

Calories: 123 ♦ Protein: 4 g ♦ Total fat: 1 g ♦ Saturated fat: 0 g ♦ Cholesterol: 0 g ♦
Carbohydrate: 25 g ♦ Fibre: 2 g ♦ Sugar: 1 g ♦ Sodium: 118 mg ♦ Potassium: 192 mg



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