



## WILD & BROWN RICE SALAD

**Yield: 50/100 servings**

**Serving Size:**  
 **$\frac{3}{4}$  cup**



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**APPROXIMATE NUTRIENTS PER SERVING:** Calories 242, Protein 3 g, Carbohydrate 44 g, Total Fat 7 g, Saturated Fat 1 g, Cholesterol 0 mg, Vitamin A 243 IU, Vitamin C 4 mg, Iron 1 mg, Calcium 26 mg, Sodium 190 mg, Dietary Fiber 5 g

# WILD & BROWN RICE SALAD

Prep Time: 30-35 minutes



INGREDIENTS	50 SERVINGS		100 SERVINGS		DIRECTIONS
	WEIGHT	MEASURE	WEIGHT	MEASURE	
Cranberries, dried	2 lb	1 ½ qt ¾ cup	4 lb	3 qt 1 ½ cup	<p>1. Soak cranberries in pear juice for 20 minutes. Drain and reserve 1 cup juice for Cider Vinegar Dressing** (2 cups for 100 servings).</p> <p>2. In a bowl, toss drained chopped pears, brown and wild rice, celery, scallions, parsley and soaked cranberries. Add Cider Vinegar Dressing**; toss well. Refrigerate at least 2 hours to develop flavors before service. Critical Control Point: If using fresh-cooked rice, cool from 135°F to 70°F within 2 hours and from 70°F to 41°F within 4 more hours. Hold cold below 41°F for service.</p> <p>3. To Serve: For each serving, scoop ¾ cup of chilled rice salad onto a plate.</p> <p>1. In a mixing bowl or food processor, whisk together vinegar, pear juice, mustard, salt and pepper. Slowly whisk in oil, a little at a time, until thickened. Stir in parsley. Cover and hold. Critical Control Point: Refrigerate below 41°F for at least 2 hours before using as directed.</p>
Pears, canned, in juice, chopped, drained, reserve liquid		1 ½ qt ¼ cup		3 qt ½ cup	
Brown rice, cooked*	7 lb 5 oz	1 gal 1 cup	14 lb 10 oz	2 gal 2 cups	
Wild rice, cooked*	2 lb 14 oz	2 qt	5 lb 10 oz	4 qt	
Celery, diced	1 lb 12 oz	1 ½ qt ¼ cup	3 lb 8 oz	3 qt ½ cup	
Scallions, chopped	4 oz	2 cups	8 oz	1 qt	
Parsley, fresh, minced	2 oz	2 cups	4 oz	1 qt	
Cider Vinegar Dressing**		3 ⅓ cups		1 ½ qt ⅔ cup	
<b>Cider Vinegar Dressing**</b>					
Apple cider vinegar		1 cup		2 cups	
Reserved canned pear liquid		1 cup		2 cups	
Dijon mustard		¼ cup		½ cup	
Salt		1 tbs		2 tbs	
Black pepper, ground		2 tsp		1 tbs	
Vegetable oil		1 ⅓ cups		2 ⅔ cups	
Parsley, fresh, minced	1 oz	1 cup	2 oz	2 cups	

**ONE SERVING PROVIDES:** 1 oz eq G, ⅔ cup F

\*Follow package cooking instructions or visit MenuRice.com for suggested rice preparation methods. Recipe may utilize fresh cooked rice or rice prepared in advance and chilled. When cooking and chilling rice for use in recipes, follow proper Critical Control Points for chilling procedures and hold cold at 41°F or lower until ready to use as directed.