

Wild Rice Salad With Oranges & Roasted Beets

Yield: 4 min
Total Time: 25 min

Recipe from: <https://www.recipeschoose.com/recipes/japanese-sesame-tofu-salad-recipe>

Ingredients:

- 2 cups wild rice cooked, cooled
- 1/4 cup currants
- 2 cups red leaf lettuce torn into bite sized pieces
- 1 navel orange
- 2 tablespoons sesame seeds
- 1 pound beets roasted tin foil, cooled
- 1 sesame one recipe orange, vinaigrette, recipe follows
- 3/4 cup fresh orange juice from 2 to 3 navel oranges
- 2 tablespoons red wine vinegar
- 1 tablespoon toasted sesame oil
- 1/8 teaspoon salt
- 1 teaspoon sauce hot chili, like Sriracha
- 1 teaspoon ginger microplaned or finely minced

Nutrition:

1. Calories: 440 calories
2. Carbohydrate: 83 grams
3. Fat: 7 grams
4. Fiber: 10 grams
5. Protein: 16 grams
6. SaturatedFat: 1 grams
7. Sodium: 180 milligrams
8. Sugar: 18 grams

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