

# Spring Wild Rice Salad

Yield: 8 min  
Total Time: 75 min

Recipe from: <https://www.recipeschoose.com/recipes/jamaican-split-peas-and-rice-recipe>

## Ingredients:

- 1 garlic clove smashed and chopped
- 1/4 cup almond butter
- 1 lemon
- 1/4 cup fresh lemon juice
- 2 tablespoons olive oil
- 1/4 cup hot water
- 1/2 teaspoon salt fine grain sea
- 1 bunch asparagus trimmed and cut into 1-inch segments
- 4 cups wild rice cooked, \*
- 1 cup split peas cooked yellow, \*\*
- 1 bunch chives chopped
- 1/4 cup goat cheese crumbled, optional

## Nutrition:

1. Calories: 490 calories
2. Carbohydrate: 80 grams
3. Cholesterol: 5 milligrams
4. Fat: 12 grams
5. Fiber: 13 grams
6. Protein: 22 grams
7. SaturatedFat: 2.5 grams
8. Sodium: 180 milligrams
9. Sugar: 5 grams

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