



# Wild Rice Caprese

Salad with homemade balsamic vinaigrette



*Eat well.  
Live well.*

**Soy-Free. GF. Sugar-Free. Nut-Free.  
Vegan. Vegetarian. \*Paleo. \*Keto.  
\*Good for O & AB Blood Types**

## **Salad:**

- 1 cup wild rice, cooked\*
- 1.5 cups heirloom multi-colored cherry Tomatoes\*
- 1/2 cup fresh mozzarella, cubed
- 1/4 cup fresh basil, finely chopped
- 1 tbsp chia seed
- 3 slices red onion, finely chopped
- 1 avocado\*

## **Balsamic Vinaigrette:**

- 3 tbsp olive oil
- 2 tbsp balsamic vinaigrette
- 1 tbsp fresh squeezed lemon juice\*
- 1/4 tsp ground mustard
- 1/2 tsp Monk Fruit sweetener or Xylitol
- 1/8 tsp sea salt
- 1/8 tsp ground coriander

See foot notes for items marked with\*

NOTE: For the most health-conscious version, use as many organic ingredients as possible. Most important in this recipe are: Tomatoes & basil.

**PREP: 45 minutes**

**COOK: 5 minutes**

**SERVES: 2-4**

- 1) Rinse 1/2 cup of wild rice really well in a strainer. Place in medium pot with 2 cups of water on high. Once it starts boiling, turn off heat and let it simmer for approx. 30-45 minutes until fully cooked.
- 2) Prep tomatoes, mozzarella, basil, and onion. Place in medium mixing bowl and set aside.
- 3) Make dressing by adding all ingredients into a small glass bowl and whisk together until creamy and blended. Place in refrigerator.
- 4) Slice your avocado.
- 5) Once rice is done, rinse well under cold water for at least one minute.
- 6) Mix the rice in the bowl with other veggies and drizzle with dressing until you have your desired amount.
- 7) Dish out the caprese salad onto plate(s) and top with avocado. Now it's ready to serve. *\*This makes a great side dish for fish and poultry entrées.*



**Paleo:** Replace wild rice with shelled hemp hearts.

**Keto:** Replace wild rice with shelled hemp hearts.

**Blood Types:**

- If you are an **A** or **B** blood type, you should be avoiding tomatoes.
- If you are an **O**, **B**, or **AB** blood type, you should be avoiding avocados. If you are on a strict cleanse, just leave the avocado off.