

# Wild Rice-Corn Salad

This recipe is a delicious and healthy addition to your summer menu or anytime of year! It can be served as a light lunch or as a side dish for dinner.

Makes: 10 servings  
 Prep Time: 15 minutes  
 Cook Time: 45 minutes

Source: CCE Suffolk County

## Ingredients

- 2 cups water
- 1 cup wild rice
- 1 ½ cups corn kernels (frozen defrosted, no salt added canned, or fresh)
- ¾ cup chopped tomato
- ⅓ cup chopped red onion
- 2 tablespoons chopped scallions
- 1 tablespoon Dijon mustard
- 1 tablespoon honey (optional)

## Directions

1. In a large saucepan, bring 2 cups of water to a boil.
2. Stir in 1 cup of wild rice and return to a boil. Cover and simmer for 25 minutes or until the rice is tender.
3. Remove the saucepan from heat and let it rest, covered, for 10 minutes.
4. In a large mixing bowl, combine the cooked wild rice, corn, tomato, onion, and scallions. Mix well.
5. In a small bowl, whisk together 1 tablespoon of Dijon mustard and 1 tablespoon of honey if using.
6. Stir the mustard-honey mixture into the rice mixture.
7. Allow the salad to rest at room temperature for 1 hour before serving.



Small Changes,  
 BIG Difference!



## Nutrition Information

Serving Size: 1/2 cup	
Nutrients	Amount
Calories:	90
Total Fat:	0 g
Saturated Fat:	0 g
Cholesterol:	0 mg
Sodium:	50 mg
Total Carbohydrates:	19 g
Dietary Fiber:	2 g
Total Sugars:	2 g
Added Sugars:	0 g
Protein	3 g

## Utensils Needed

- Large sauce pan
- Large mixing bowl
- Small bowl
- Mixing spoon
- Measuring cups and spoons
- Cutting board
- Sharp knife



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SNAP-Ed is funded by USDA's Supplemental Nutrition Assistance Program or SNAP.

# SHOPPING LIST

Average total cost: \$4.16

Average cost/serving: \$0.69

Recipe makes: 6 Servings

Note: The below list of ingredients is a suggestion. Similar ingredients may be purchased based on preference, diet restrictions, budget, and location.

## Ingredients



Add 1 to Cart  
Low sodium canned corn, 15 oz.



Add 1 to Cart  
Tomato, medium



Add 1 to Cart  
Red Onion



Add 1 to Cart  
Scallions, bunch

## SAVE TIME, SAVE MONEY

## My Cooking Notes

### Chef's Notes:

- Pair this salad with grilled meats like chicken, steak, or fish, or serve alongside roasted vegetables or a simple green salad.
- The tangy Dijon mustard and honey dressing adds a refreshing kick to the salad.

### Similar Recipes:

- Cut costs by reusing these ingredients in other recipes found on [snapedny.org](http://snapedny.org), such as:
  - Corn, Blueberry, and Wild Rice Salad
  - Quinoa and Black Bean Salad



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