

NORTHWOODS SALAD

1 up uncooked wild rice

5-1/2 cups chicken stock

Juice of 1/2 lemon

1 whole chicken breast, cooked, cooled and cut into bite size pieces

3 green onions, sliced, white & green portions

1/2 cup red pepper, cut into thin strips

4 ounces sugar peas, cut in 1 inch pieces

2 ripe avocados, cut into chunks

1 cup toasted pecans

Lettuce or greens of your choice for garnish

Rinse wild rice, place in saucepan with chicken stock and bring to a rapid boil. Simmer 45 minutes; drain. Put in a bowl and toss with lemon juice. Cool. When cooled, add chicken, onions, red pepper and sugar peas. Toss with dressing. Cover and chill 24 hours. Just before serving add avocado and pecans; toss to blend well and transfer to a lettuce lined bowl or platter. 6 servings.

Dressing:

2 cloves minced garlic

1 tablespoon Dijon mustard

1/2 teaspoon salt

1/4 teaspoon sugar

1/4 teaspoon freshly ground pepper

1/4 cup wine vinegar

1/3 cup vegetable oil