

Chicken Wild Rice Salad – Gibbs-California Wild Rice

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- **Yield:** 10 Servings

Add a new twist on a classic summer time favorite. Wild rice takes a chicken salad from good to great

Recipe courtesy of: California Wild Rice Advisory Board

Ingredients

- 2 1/2 cups [California Wild Rice](#) *uncooked*
- 1 1/4 cups [dry white wine](#)
- 2 cups [water](#)
- 2 tbsp each [fresh tarragon & chervil](#) *minced*
- 10 halves [chicken breasts](#) *boned, skinned*
- 1 lb [trimmed asparagus](#) *cut into 2 inch pieces*
- 1 lb [snow peas](#) *strings removed and halved*
- 1/2 lb [fresh washed spinach](#)
- 30 [toasted walnut halves](#)
- 6 tbsp [white wine vinegar](#)
- 4 tbsp each [dijon mustard and minced shallots](#)
- 3/4 cup [olive oil](#)
- 2/3 cup [sour cream](#)
- salt & pepper *to taste*

Instructions

1. **Salad:** Preheat oven to 350 degrees. Simmer wild rice in wine and water for 50 minutes or until tender. Boil off any remaining liquid.
2. Combine herbs and sour cream; spread on chicken and place in a greased baking pan.
3. Bake approximately 20 minutes. If desired, pass under the grill the last 5 minutes, set aside.
4. Blanch asparagus and snow peas in boiling water 2 minutes, drain well: toss carefully with wild rice and spinach. Cut chicken diagonally; arrange next to salad.
5. **Dressing:** Mix vinegar, mustard and shallots. Slowly add oil, continuing to whisk. When thickened, salt and pepper; pour over salad. Garnish with walnuts and serve.

- **Course:** [Salad](#)