

Pepper-Pecan Wild Rice Salad – Gibbs-California Wild Rice

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- **Yield:** 4 Servings

Ingredients

- 2 cups [California Wild Rice](#) *cooked*
- 1 tsp [freshly grated black pepper](#)
- 1/4 cup [bruised and freshly chopped freshmint leaves](#) *or 1 tsp crushed dried mint*
- 4-8 slices [roast beef](#) *medium or rare (optional)*
- 1 cup [coarsely chopped pecans](#)
- 1/2 cup [safflower oil](#)
- 4-8 slices [cantaloupe](#) *or papaya*
- [romaine lettuce](#) *enough for four plates*

Instructions

1. Prepare the wild rice.
2. Sauté the pecans with the pepper in the safflower oil, pressing the pecans with the back of a wooden spoon to extract some flavor, until the pecans are lightly toasted. There will be a toasted, nutty aroma.
3. While the pecans are still hot, toss with the wild rice and the mint.
4. Serve garnished with slices of cantaloupe or papaya on romaine lettuce.
5. If you wish to add meat, roll up the roast beef slices and arrange with the fruit and salad on lettuce.
6. Serves 4, 3/4-cup servings of wild rice salad.