

WILD RICE-ASPARAGUS SALAD

SOURCE: Weight Watchers New Complete Cookbook

INGREDIENTS:

2 tsp chicken bouillon granules
2 1/2 C water
1/2 C regular long-grain rice
1/2 C wild rice, rinsed
1 lb asparagus, cut into 1" lengths, steamed will tender-crisp
1 red bell pepper, seeded/chopped
1 red onion, chopped
1/2 C chopped parsley
1/3 C white-wine vinegar
1 TBS olive oil
1 tsp sugar
1/8 tsp freshly ground pepper
12 red leaf lettuce leaves

DIRECTIONS:

In medium saucepan, combine water & bouillon - bring to boil - add both kinds of rice - reduce heat & simmer, covered, till tender (45-50 minutes) - remove from heat.

In large bowl combine asparagus, bell pepper, onion, parsley, vinegar, oil, sugar & pepper - add rice - toss to combine.

Line a platter with the lettuce leaves - top with rice mixture. Refrigerate, covered, till chilled (at least 3 hours).

Makes 6 servings

(per serving: 172 calories; 3g total fat; 0g saturated fat; 1mg cholesterol; 311mg sodium, 32g total carbohydrates; 3g dietary fiber; 7g protein, 55mg calcium - WW points per serving: 2)