



Black Rice, Beet and Kale Salad With Cider Flax Dressing

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By Allison Day | Time: 2 hours | Yield: Serves 4-6

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Ingredients

- 1 lb beets, halved
- $\frac{2}{3}$ cup uncooked black rice (sometimes called "forbidden rice")
- 1 $\frac{1}{3}$ cup water
- $\frac{1}{2}$ cup pecans, roughly chopped
- 2 cups packed, shredded raw kale

CIDER FLAX DRESSING

- 2 tablespoons apple cider vinegar
- 2 tablespoons cold-pressed flaxseed oil OR extra virgin olive oil
- 1 tablespoon whole grain mustard
- 1 clove garlic, minced
- 1 teaspoon dried thyme (whole, not ground)
- 1 teaspoon sea salt, plus more to taste
- Ground pepper, to taste

Preparation

1. Preheat oven to 400 degrees. Add beets to a sheet of parchment-lined foil. Crunch into a ball. Roast for 1 1/2 hours, until tender. Cool until comfortable to handle. Cut beets into bite-sized pieces or wedges. Add to a large bowl.
 2. In a medium pot, add rice and 1 1/3 cups water. Bring to a boil, reduce to a simmer, cover and cook for 40 to 45 minutes. Fluff with a fork and add to beets, along with kale and pecans.
 3. In a small bowl, whisk together all dressing ingredients or shake in a jar. Add to salad. Toss to combine, cover and refrigerate for at least 3 hours (overnight is best). Before serving, taste and adjusting seasoning if desired.
 4. This salad will keep in the refrigerator for 3 to 4 days.
- If you can't find black rice, try wild rice (cook according to wild rice package directions). This would be fabulous with a little goat's milk feta, chevre or thick yogurt on top.