

Asian Asparagus Wild Rice Salad

- 1 teaspoon grated fresh ginger root
- 1 clove garlic
- 1 tablespoon sugar
- 2 teaspoons soy sauce
- 2 tablespoons rice wine vinegar
- 2 tablespoons orange juice
- 1 tablespoon vegetable oil
- 1/3 teaspoon red pepper flakes
- 3 tablespoons sesame oil
- 1 (4-ounce) package wild rice, cooked according to package directions
- 1 bunch (about 20 spears) asparagus spears, cut into 1/3" slices
- 1/2 red bell pepper, diced
- 2 green onions, sliced
- 1 (8-ounce) can sliced water chestnuts, drained and roughly chopped
- 1 (15-ounce) can mandarin orange segments, cut in half
- 2 tablespoons chopped fresh cilantro
- Salt and pepper
- 1 cup toasted cashew nuts

For dressing: In a blender jar combine, ginger, garlic, sugar, soy sauce, vinegar, orange juice, vegetable oil, red pepper flakes and sesame oil. Blend to combine. Store in refrigerator up to a month.

For salad: In a large bowl combine cooked rice, asparagus, bell pepper, green onion, water chestnuts, oranges and cilantro. Stir in dressing and combine well. Season with salt and pepper. Add cashews just before serving. Store in the refrigerator but let warm up slightly before serving.