

## MINNESTALGIA WILD RICE SEAFOOD SALAD

1 Cup Uncooked Wild Rice                      ½ Cup Pineapple (crushed)  
1/2 lb Imitation Crab Meat (optional)      ½ Cup Sliced Celery  
½ Bunch Finely Chopped Green Onions    ½ Cup Chopped Green Peppers  
¼ Cup Diced Pimento or Red Pepper

**Dressing:**

2 Cups Miracle Whip                            ¼ Cup Cider Vinegar  
¼ tsp White Pepper                            ½ tsp Onion Salt  
½ tsp Garlic Salt

**Prepare Wild Rice with the instructions that come with your Wild Rice. When cooked rinse with cold water, drain and place in the refrigerator. Prepare dressing while Wild Rice is cooking and place in the refrigerator to chill. Chop and dice vegetables. Fold chilled Wild Rice, Meat, Vegetables and fruit into dressing. Mix well. As with most salads this will be even better served the next day. Serves 6-8 side dishes.**

**Other meat options: Ham, Tuna, Turkey and Chicken**