



Wild Rice Salad with Apple Cider Vinaigrette

Apple Cider Vinaigrette

6 Tablespoons apple cider vinegar
1/4 cup honey
3/4 cup canola oil
Salt and black pepper to taste

Wild Rice Salad

5 cups vegetable stock or chicken broth
1-1/2 cups wild rice
1 carrot, peeled; cut into 1-1/2 inch matchsticks
1/4 cup dried cranberries
1 Roma tomato, finely diced
1/4 cup finely chopped red onion
1/4 cup finely chopped spring garlic or onion
1/3 cup pine nuts, toasted; cooled
1/3 cup unsalted raw pumpkin seeds, toasted; cooled
2 bunches watercress stemmed or as desired
Garnish: Fresh chives as desired

Prepare Vinaigrette: In a small bowl, combine all ingredients; whisk to blend. Cover; refrigerate for 1 hour or until serving.

In a large saucepan, combine the stock and wild rice. Bring to boil; reduce the heat to a simmer; cover; cook until tender, 45 to 55 minutes. Spread rice on baking sheet; let cool.

Spoon rice into large bowl; add carrots, dried cranberries, tomato, onion, spring garlic, pine nuts, and pumpkin seeds. Toss to mix. Add 1/2 cup vinaigrette; toss to coat. Cover refrigerate for at least 1 hour. Salad can be served chilled or brought to room temperature. To serve. Divide watercress among salad plates; top with wild rice salad. Garnish with fresh chives as desired. Serve remaining vinaigrette with the salad. Serves: 6

Cook's Note: I used all natural Minnesota Wild Rice and light flavored walnut olive oil for this recipe. If you can't get pine nuts, substitute chopped slivered almonds.

Inspired by: Smithsonian National Museum of American Indian The Mitsitam Café Cookbook. Native American Ojibwe families on the White Earth Reservation in Minnesota still harvest wild rice in canoes.

About the Recipe: Wild rice is actually the seeds of edible grasses. You will love the nutty flavor and firm texture. Cooking it in broth or with herbs, it absorbs the flavor while it cooks. It pairs with carrots, cranberries, onions, garlic, and tomatoes in a light apple cider vinaigrette. Pine nuts and pumpkin seeds add a toasty crunch. Serve it on a bed of watercress for a super nutritious supper.