



Wild Rice Salad with Brussels Sprouts

North America's rice with inspired Asian flavors

Sweet Cider Vinaigrette

3 Tablespoons apple cider or white Balsamic vinegar

1 Tablespoon pineapple juice

1 teaspoon candied ginger, minced

6 Tablespoons olive oil

Salt and ground black pepper to taste

Wild Rice and Brussels Sprouts

1 Tablespoon coconut oil

1/2 cup (each) chopped onion, celery

1/2 cup chopped multi-colored sweet peppers

1 small jalapeno or hot pepper, seeds removed, minced

Salt and ground black pepper to taste

4 cups chicken or vegetable broth or stock

1/2 teaspoon Shichimi Togarashi, (7 ingredient chili powder)
1-1/3 cups wild rice, rinsed
2 slices canned pineapple rings, drained; chop
1/2 cup toasted sliced almonds
1 (12 oz.) bag frozen brussels sprouts
Garnish: Shredded red cabbage; cilantro sprigs as desired

Make Vinaigrette: In a small bowl, whisk apple cider vinegar, pineapple juice, and ginger. Whisk in oil to combine; season to taste; place in refrigerator to chill.

Season Cooking Broth: In a large saucepan, melt coconut oil; sauté onion, celery, sweet peppers, and jalapeno pepper to soften; lightly season with salt and black pepper. Stir in broth or stock, Japanese Shichimi Togarashi chili powder, and rice. Bring to a boil; reduce heat to low/simmer; cover; cook about 45 minutes or until desired tenderness. Cool until able to handle, about 10 minutes. Drain wild rice and vegetables from broth; place rice into large bowl. Set liquid aside in medium saucepan.

Chilling the Rice: Stir reserved chilled vinaigrette into rice. Chop pineapple into bitesize pieces; stir into rice. Place rice in refrigerator to chill until serving. To toast the sliced almonds, place in small skillet over medium heat; cook, stirring often until nuts are lightly golden. Set aside.

Prepare the Brussels Sprouts: Bring the reserved broth in saucepan to a boil; stir in the frozen brussels sprouts; bring to a boil again; cover; reduce heat to simmer; cook for about 5 minutes. Test for tenderness but do not overcook sprouts. Remove sprouts from broth. Continue cooking broth reduce to about 2 cups; pour over sprouts; let rest.

To Serve: Line edges of platter with shredded red cabbage; remove brussels sprouts from liquid; arrange over red cabbage; stir toasted almonds into chilled rice; spoon in center of platter; top with cilantro sprigs as desired. Serves: about 4 to 6

About the Recipe: Hop on in and take a trip to the other side of the world with this elegant wild rice salad, juicy with pineapple, served with red cabbage, and topped with spicy brussels sprouts. It's a double delight, side dish and salad, to serve with your Asian-inspired dinner.