



Ingredients:

Salad

- 1 cup uncooked wild rice, rinsed
- 3/4 cup chopped nuts of choice
- 1/2 cup chopped celery
- 1/4 small red onion, chopped; OR 3 green onions, chopped (if available)
- 1/2 cup dried cranberries or raisins

Dressing

- 2 Tablespoons oil of choice
- 2 Tablespoons apple cider vinegar or other vinegar of choice
- 2 Tablespoons maple syrup
- 1 teaspoon Dijon mustard
- Salt/pepper to taste

Directions:

1. Bring a quart of water to a boil in a saucepan. Add the wild rice. Bring back to a boil, lower the heat, and cover. Cook until tender, about 45 minutes.
2. While the rice is cooking, toast the nuts for better flavor if you like. Put the nuts in a dry skillet over medium heat, stirring often, just until you smell them and they start to turn slightly brown. Remove completely from heat as they will burn quickly.
3. Drain any remaining water from the rice. Add to a bowl along with the nuts, dried cranberries, celery, and onions, if using.
4. Whisk the dressing ingredients together or shake in a jar with a lid. Taste to adjust the amount of vinegar or syrup. Toss the salad with the dressing and chill until ready to serve.

DID YOU KNOW? A large batch of wild rice can be cooked, and then frozen in portions you will use at one time. Use 3 cups of water for every 1 cup of wild rice.

