

Cranberry Wild Rice with Peas

Serves 4 to 6

Ingredients:

1 cup wild rice
cold water to cover the rice
4 cups water
1 cup dried cranberries
1 cup pecan halves
1 cup frozen peas
4 scallions, chopped
zest from 1 orange
 $\frac{1}{3}$ cup fresh orange juice (about 1 orange)
2 tablespoons extra-virgin olive oil
salt and freshly ground pepper to taste



Equipment Needed:

A medium saucepan with lid

Directions:

Place the wild rice in a medium saucepan. Add enough cold water to cover the rice by 1 inch. Bring to a boil. Drain the rice and add 4 cups water. Bring to a boil; reduce the heat. Simmer, covered, for 45 to 60 minutes or until the rice is tender but still firm to the bite; drain. Add the cranberries, pecans, peas and scallions and toss to mix. Whisk the orange zest, orange juice, and olive oil in a bowl. Pour over the warm rice mixture. Sprinkle with salt and pepper, and toss to mix.

Serve warm or cold in lettuce cups, if desired. Pair it with a meat. Try it in a wrap with a protein of choice (such as turkey) and some greens. For a light lunch, add cooked chicken, turkey, pork, or tofu. This dish keeps well for several days. Makes a great gluten free alternative for a holiday buffet.

Recipe source: *Herbal Cookery From the Kitchens and Gardens of the St. Louis Herb Society*, The St. Louis Herb Society, 2009, page 94.