

Sun-dried Cranberry and California Wild Rice Salad

*Created by Corporate Chef Connie Deady
Santa Monica, California
3rd place winner in Salad division*

Ingredients:

2 cups water
1 cup California wild rice
1 1/4 cups apple juice
1 stalk celery, finely diced
3/4 cup sun-dried cranberries
1/2 cup toasted and chopped pecans
3 tablespoons balsamic vinegar
3 tablespoons olive oil
6 ounces crumbled blue cheese

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Cooking Instructions:

In a medium saucepan, bring 2 cups water to a boil over high heat. Add California wild rice; cover, reduce heat, and simmer until rice is tender and water is absorbed. Set aside to cool.

In a small saucepan, bring apple juice to a boil over medium-high heat. Reduce heat to medium, and boil until reduced by half.

In a medium bowl, combine cooked rice, celery, cranberries, pecans, and reduced apple juice.

In a small bowl, whisk together vinegar and oil. Pour over rice mixture, tossing gently to coat. Sprinkle with crumbled blue cheese. Serve immediately.

~ Recipe makes 6 Servings ~

"It (California Wild Rice) can add flavor, texture and color in a variety of ways. I use it in Pilaf for that extra color and nutty flavor. Also in stuffing's, pancakes, salads and now even bread!"

~ Chef Connie Deady~

