



Recipe

Wild Rice and Cranberry Stuffing with Walnuts

Serves 14 to 16

Substitute golden raisins for the cranberries or pecans for the walnuts, if you like.

Ingredients:

2 tablespoons olive oil	2 cups dried cranberries
2 yellow onions, finely chopped	½ cup chopped parsley
1 clove garlic, finely chopped	2 tablespoons chopped thyme
7 cups low-sodium vegetable broth	1½ cups walnuts,
2 teaspoons salt	toasted and chopped
2 cups uncooked wild rice or wild rice mix	Pepper to taste
2 cups uncooked basmati rice	

Method:

1. Heat oil in a large pot over medium heat. Add onions and cook, stirring occasionally, until soft and translucent, 5 to 7 minutes. Add garlic and cook 1 minute more. Add broth and salt and bring to a boil. Stir in wild rice, cover, reduce heat to medium low and simmer for 45 minutes.
2. Stir in basmati rice, cover and simmer until rice is tender and most of the liquid is absorbed, 15 to 20 minutes longer. Stir in cranberries, parsley, thyme, and walnuts, cover and cook for 5 minutes more. Season with pepper and additional salt to taste.
3. Preheat oven to 375°F. Grease a 9- x 13-inch baking dish. Transfer rice mixture to dish and bake until light golden brown, 20 to 25 minutes.

Nutrition

Per serving (about 7oz/212g-wt.): 330 calories (90 from fat), 10g total fat, 0.5g saturated fat, 0mg cholesterol, 380mg sodium, 58g total carbohydrate (4g dietary fiber, 12g sugar), 8g protein

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