

Wild Rice Salad
serves 4 to 6

1/2 cup pine nuts
1/4 cup pumpkin seeds
6 cups chicken stock
1 1/2 cup wild rice
1 carrot, cut into 1/2-inch-long matchsticks
3 tablespoons dried cranberries
1 Roma tomato, finely diced
4–5 scallions, finely chopped
3 bunches watercress

Preheat the oven to 350 degrees. Spread the pine nuts and pumpkin seeds in a small baking pan, and toast them in the oven for about 10 minutes, until they are golden brown. Let cool.

Combine the chicken stock and wild rice in a stockpot. Bring to a boil, reduce heat to low, and simmer, covered, for about 45–55 minutes, until the grains are just opened up and tender. Spread the hot rice on a baking sheet and let cool.

When rice is cool, scrape it into a large bowl and add carrots, dried cranberries, diced tomato, toasted pine nut pumpkin seed mixture, and scallions.

Toss all ingredients together with the vinaigrette, refrigerate for at least one hour, and serve over watercress.

For the Vinaigrette

3 tablespoons apple cider vinegar
1/4 cup plus 2 tablespoons canola oil
2 tablespoons honey

Place cider vinegar in a bowl and slowly mix in oil. Sweeten with just a touch of honey.