



Wild Rice Salad with Cranberries and Peas

Wild rice salad with flavors of a stuffing

Yield: 6

4 oz	Dry Long Grain Wild Rice
3/4 cup	Dried Cranberries
2 oz	Dry Yellow Split Peas
1 tsp	Olive Oil
5 oz	Julienne Sliced Red Onions
8 oz	Fresh Sliced Cremini Mushrooms
1/2 tsp	Poultry Seasoning
3 oz	Thin Sliced Celery
1/4 tsp	Kosher Salt
3 Tbsp	Chopped Italian Parsley
1-1/2 tsp	Cider Vinegar



Place water and wild rice in a pot and bring to a boil. Reduce heat and simmer covered until tender, about 40 minutes. About half of the grain should burst. Strain and place rice in a large bowl. Place split peas in a separate pot with water and cook until tender, about 15 minutes. Strain and place in the same bowl as the rice. Place dried cranberries in a bowl of hot water and let sit for 20 minutes to soften. Drain and add to bowl with rice and peas. In a non-stick skillet or cast iron pan, drizzle olive oil and heat over medium heat. Cook red onions, stirring often to caramelize. Add mushrooms to the onions and continue to stir and cook until mushrooms are tender. Sprinkle with the poultry seasoning and add celery; cook another minute; season with salt and transfer to the mixing bowl and chill. Add parsley and vinegar to the bowl. Stir well.

Chef's Note: Depending on the wild rice, it may take over an hour to cook. Watch the water and add more if needed. Substitute yellow split peas with any other legumes. Substitute poultry seasoning with a mix of ground thyme and ground sage.

Calories (kcal)	Protein (g)	Carbohydrate (g)	Total Fat (g)	Cholesterol (mg)	Sodium (mg)	Dietary Fiber (g)	Sat Fat (g)
214.4	8.2	44.4	1.9	0	118.6	7	0.2