

Apple-Cranberry Wild Rice Recipe

Ingredients:

- 2-3/4 cups *water*
- 1/8 teaspoon *salt*
- 2/3 cup *uncooked wild rice*
- 1 teaspoon *dried savory*
- 1small *leek (white portion only), coarsely chopped*
- 1 teaspoon *olive oil*
- 1/3 cup *dried cranberries*
- 1/4 cup *chopped dried apples*
- 6 *tablespoons low fat/low sodium chicken broth, divided*
- ½ *diced shallot*
- ½ teaspoon *lemon juice*
- ½ teaspoon *ground pepper*

Yield: 6 Servings



Apple-Cranberry Wild Rice Recipe photo by Taste of Home

Directions:

- In a large saucepan, bring water and salt to a boil. Stir in the wild rice. Reduce heat; cover and simmer for 1 hour or until rice is tender. Drain. Stir in savory; set aside.
- In a large nonstick skillet, sauté the leek and shallot in oil for 1 minute. Mix in the dried cranberries, apples along with 3 tablespoons of broth. Cover and simmer for about 6-8 minutes or until fruit is tender, stirring occasionally.
- Add rice, lemon juice, ground pepper, and the remaining broth. Cook and stir for 1-2 minutes or until liquid is absorbed. **Yield:** 6 servings.

Nutritional Analysis: One serving (1/2 cup) equals 117 calories, 1 g fat (trace saturated fat), 26 g carbohydrate, 2 g fiber, 3 g protein.

Original recipe taken from:

1. Karlin, M. Apple-cranberry wild rice recipe. Tasteofhome. Website. 2012. Available at <http://www.tasteofhome.com/Recipes/Apple-Cranberry-Wild-Rice>. Accessed September 20, 2012.

Recipe altered slightly by Jill McCarthy.