



Meryl

refreshingly healthy

## Wild Rice with Mushrooms, Pecans and Dried Cranberries

Serves 6- 8

### Ingredients:

1 cup Wild rice, uncooked  
4 cups Water or Chicken or Veggie Broth  
1/2 tsp Sea Salt  
1 oz Mushrooms, any variety- Porcini (dried) or Portabella 3/4 c. loosely packed,  
2 tbsp Extra Virgin Olive Oil, pure pressed, organic  
1/2 cup Red Onion, Fresh, sliced  
1 Stalk Celery, chopped  
1 clove Garlic, chopped  
1 cup Cranberries, dried  
1/2 cup Pecans, Toasted and chopped  
1 dash Black ground pepper  
2 tbsp Parsley, fresh, chopped

### Recipe Directions:

Combine the wild rice and 3 cups of water in small saucepan and bring to a boil over high heat. Lower the heat and simmer, covered, until the rice is tender, about 45 minutes. The rice should be cooked but still chewy. Drain the rice and stir in 1/2 tsp. salt.

Meanwhile boil the remaining 1 cup of water and then add to the porcini mushrooms (if using dried) and let the mushrooms soak for 20 minutes. Drain the mushrooms reserving the liquid separately. Chop the mushrooms.

Warm the olive oil in medium skillet over medium -low heat. Add the onions and celery, and cook until the vegetables are softened about 7 minutes. Add the reserved mushrooms, garlic, and the cranberries and sauté until the cranberries are heated through, about 2 minutes. Add the pecan, rice, 1/4 tsp salt, black pepper to taste, and the mushroom liquid. Cook until the liquid has been absorbed about 2 minutes. Stir in the chopped parsley and serve.

Serves 6-8 as a side dish.

### Nutrient Analysis:

Calories: 203.46	Protein: 4.08 g	Carbs: 28.64 g	Total Fat: 9.09 g
Sat Fat: 0.97 g	Cholesterol: 0.00 mg	Sodium: 155.67 mg	Fiber: 3.53 g