

# Wild Rice Salad with Cranberries and Pecans

## Ingredients

**Serves 4-6**

- 1 cup wild rice , rinsed
- 4 cups water
- 1 1/4 teaspoon salt
- 1/2 teaspoon orange zest
- 1/4 cup fresh orange juice, from one orange
- 2 tablespoons olive oil
- 3 tablespoons cider vinegar
- 2 tablespoons honey
- 1 teaspoon Dijon mustard
- 1/4 teaspoon freshly ground black pepper
- 1 cup pecans, toasted and coarsely chopped
- 1/2 cup dried cranberries
- 1/2 cup chopped fresh Italian parsley
- 2 celery stalks, diced
- 1 apple, peeled, cored, and diced
- 1/4 cup roasted and salted pipits (hulled pumpkin seeds)
- 2 scallions , light and green parts, thinly sliced

## Directions

- In a medium pot, combine the rice, 3/4 teaspoon of the salt, and 4 cups of water.
- Bring to a boil, then turn the heat down to low; cover and simmer until the rice is tender and most of the grains have split open (about 50-60 minutes)
- Transfer the rice to a fine-mesh strainer to drain any excess water. Let cool.
- In a large bowl, whisk together the orange zest, orange juice, oil, vinegar, honey, mustard, pepper, and remaining 1/2 teaspoon of salt. Add the cooled rice, pecans, dried cranberries, parsley, celery, apple, pepitas, and scallions.
- Taste and adjust the seasoning, if desired.
- Serve cold or at room temperature.

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