

Wild Rice Salad with Dried Cranberries

Naturally gluten-free and vegan. Great make ahead meal. Serve warm or cold.

Ingredients

- 2 cups *Chieftain Wild Rice*
- 3 tangerines, divided
- 1 avocado, cut in half and pit removed
- 1 small shallot, peeled and quartered
- ½ cup extra-virgin olive oil
- 3 tablespoons ***Rubi Reds Cranberry Red Wine Vinegar***
- 2 teaspoons ***Rubi Reds Cranberry Honey Mustard***
- 2 teaspoons ***Rubi Reds Cranberry Blossom Honey***
- ½ teaspoon salt
- 1 cup chopped parsley
- 1 cup chopped toasted pecans
- ½ cup ***Rubi Reds Sweetened Dried Cranberries***
- ½ cup chopped dried apricots

Instructions

- Place rice in a large saucepan. Cover generously with water. Bring to a simmer over high heat. Reduce heat to medium-low or to maintain a simmer, and cook until the rice is just tender but not mushy, 45 to 50 minutes.
- Zest and juice one tangerine. Segment the remaining two tangerines, and set aside. Add the zest and juice to a blender. Scoop ¼ avocado into the blender. Add shallot, oil, vinegar, mustard, agave or honey and salt and puree until smooth. Pour into a large bowl.
- Stir the hot rice into the dressing and let cool to room temperature, 35 to 42 minutes.
- Stir in parsley, pecans, cranberries, apricots and the reserved tangerine segments. Dice the remaining avocado and gently stir into the salad.

Makes 10 cups

Adapted from HealthySeasonalRecipes.com

