

## WILD RICE SALAD

\*NOTE: Recipe can be easily cut in half for a smaller portion.

3 cups wild rice  
5 blood oranges or navel oranges  
3 tablespoons red-wine vinegar  
3 tablespoons sherry vinegar or raspberry vinegar  
 $\frac{3}{4}$  cup good quality extra-virgin olive oil  
8 scallions, chopped  
2 cups dried cranberries  
 $\frac{1}{2}$  cup Italian parsley, finely chopped  
1  $\frac{1}{2}$  teaspoons salt  
1 teaspoon ground pepper

### Directions:

Cook the rice in a large pot of salted boiling water until just tender, about 40 minutes. Drain in a colander.

Meanwhile, cut away peel and pits from oranges; holding oranges over a bowl to catch the juice, remove segments from white membrane; cut into small pieces and place in the bowl. Combine vinegars, 1  $\frac{1}{2}$  tsp salt, and pepper in a bowl. Slowly whisk in olive oil.

In a large serving bowl, combine rice, scallions, dried cranberries, parsley, and orange pieces and their juice. Drizzle vinaigrette, gently toss and serve.

For best flavor, prepare the day before. (Serves 6-10)