



INGREDIENTS

- 1 Cup Wild Rice (rinsed)
- 4 Cups Water
- 1¼ Teaspoons Salt (divided)
- ½ Teaspoon Orange Zest
- ¼ Cup Fresh Orange Juice
- 2 Tablespoons Olive Oil
- 3 Tablespoons Apple Cider Vinegar
- 2 Tablespoons Honey
- 1 Teaspoon Dijon Mustard
- ¼ Teaspoon Black Pepper
- 1 Cup Toasted Pecans (chopped)
- ½ Cup Dried Cranberries
- ¼ Cup Fresh Parsley (chopped)
- ¼ Cup Celery Ribs (diced)
- 1 Cup Apple (diced)
- ¼ Cup Roasted Pumpkin Seeds
- ¼ Cup Green Onions (thinly sliced)

DIRECTIONS

1. In a medium saucepan, combine the rice, ¾ teaspoon of salt and water. Bring to a boil, then turn the heat down to low. Cover and simmer for 50 minutes, then remove the pot from the heat but keep the lid on for an additional 10 minutes. Remove the lid and make sure the rice is tender, with most of the grains split open. Transfer the rice to a fine-mesh strainer to drain any excess water. Let cool.
2. In a large bowl, whisk together the orange zest, orange juice, olive oil, vinegar, honey, mustard, pepper and remaining ½ teaspoon of salt.
3. Add the cooled rice, pecans, dried cranberries, parsley, celery, apple, pepitas and scallions. Taste and adjust the seasoning, if desired.
4. Serve cold or at room temperature. Store leftovers in an airtight container in the fridge for up to 3 days.

MEAL PATTERN CONTRIBUTION

-  Grain
-  Fruit

MEAL TYPE

-  Lunch/Supper

YIELD

7 Cups

PORTION SIZES

- Toddler:** ½ Cup
- Preschool:** 1 Cup
- School Age:** 1 Cup
- Adult:** 2 Cups