



## Cranberry Apple Walnut Wild Rice

### Ingredients:

- 1 cup vegetable stock plus 2 tbsp set aside
- 1 cup apple cider
- 1 tbsp Dijon mustard
- ¼ tsp pepper, oregano, dried thyme
- 1 bay leaf
- 1 cup wild rice blend, rinsed and drained
- 1 large onion, diced #2 cone
- 1 honeycrisp apple, chopped #3 cone
- 3 garlic cloves, minced
- 1-2 tsp of apple cider vinegar (to taste)
- ½ cup Craisins or dried cranberries
- ½ cup chopped walnuts (optional)

### Instructions:

1. Combine dry rice, cup of vegetable stock, apple cider, mustard, pepper, dried thyme, oregano, parsley, and bay leaf in MP5 on rice 1 (or in a medium size pot, bring to a boil and then simmer with lid on until all liquid has been absorbed, 20-30 minutes).
2. Meanwhile, in a 12" gourmet skillet (or large sauté pan) add 2 tbsp vegetable stock, onions, and apples over medium heat.
3. Sauté 5-7 minutes until onions and apples are tender.
4. Add garlic and sauté for another 30 seconds.
5. Spoon cooked rice into skillet.
6. Add cranberries and walnuts.
7. Add apple cider vinegar a little at a time to taste desired.
8. Toss evenly to combine. Serve immediately.

### Nutritional Information

as presented:

½ cup = 1 serving

Yield = approximately 11 servings

- Calories: 133.5 kcal
- Fat: 4.3 g
- Saturated Fat: 0.3 g
- Cholesterol: 0.0 mg
- Sodium: 95.2 mg
- Carbohydrates: 24.2 g
- Fiber: 2.4 g
- Sugar: 8.5 g
- Protein: 2.5 g

*Compare: if using water in place of vegetable stock and without walnuts*

- Calories: 96.4 kcal
- Fat: 0.7 g
- Saturated Fat: 0.0 g
- Cholesterol: 0.0 mg
- Sodium: 38.9 mg
- Carbohydrates: 23.1 g
- Fiber: 2.0 g
- Sugar: 8.2 g
- Protein: 1.6g

*Compare to original recipe if made using 2 tablespoons of salted butter:*

- Calories: 151.9 kcal
- Fat: 6.4 g
- Saturated Fat: 1.7 g
- Cholesterol: 5.6 mg
- Sodium: 103.8 mg
- Carbohydrates: 24.1 g
- Fiber: 2.4 g
- Sugar: 8.5 g
- Protein: 2.5 g

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