

Wild Rice Salad with Watercress

From Mitsitam Cafe Cookbook (Smithsonian National Museum of the American Indian)



VINAIGRETTE:

6 tablespoons apple cider vinegar

1/4 cup honey

3/4 cup canola oil

Salt and pepper to taste

SALAD:

6 cups vegetable stock

1 1/2 cups wild rice

1 whole carrot, chopped or in matchsticks

3 tablespoons dried cranberries, chopped (or use golden raisins)

1 whole plum tomatoes, chopped

5 whole green onions, diced

1/2 cup pine nuts, toasted

1/4 cup pumpkin seeds, roasted

3 bunches watercress

Servings: 8

NOTES: The nutrition info assumes you'll use all the dressing; you don't - you'll use about 3/4 of it.

1. Combine vinaigrette, cover and refrigerate for one hour (dressing will keep for 10 days).
2. Combine wild rice and vegetable stock in a medium saucepan. Bring to a boil and reduce to simmer for 40-50 minutes, or until cooked through. Start checking at 40 minutes, and do NOT overcook the wild rice. Drain and spread the rice out onto a large baking sheet to dry.
3. Scrape rice into a large bowl, add carrots, cranberries, tomato, green onions and nuts. Add about half the vinaigrette, toss together and refrigerate for an hour. Taste for seasonings (it likely will need more salt) and add more dressing if it appears to be dry.
4. Place watercress on individual plates and top with wild rice mixture. If you have leftovers, remove all of the watercress as it turns icky if it's kept past the first serving. Alternately you can place the salad in a large bowl and toss it all together and either serve it buffet style or place the tossed salad on individual plates.

Per Serving (excluding unknown items): 535 Calories; 29g Fat (48.0% calories from fat); 13g Protein; 59g Carbohydrate; 7g Dietary Fiber; 2mg Cholesterol; 1234mg Sodium. Exchanges: 3 Grain(Starch); 0 Lean Meat; 1/2 Vegetable; 0 Fruit; 5 1/2 Fat; 1/2 Other Carbohydrates.

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