

# WILD RICE WITH ROOT VEGETABLES

4 SERVING(S)

10 MINS

1 HR

SERVES

PREP TIME

TOTAL TIME

## INGREDIENTS

1 cup wild rice , rinsed well

1 purple potato cut in half

1 medium carrot, cut into pieces

¼ cup plus 1 tablespoon extra virgin  
olive oil divided

1 medium sweet potato cut into ½ pieces

kosher salt

1 medium red onion sliced

Freshly ground black pepper

¼ cup dried cranberries

1 tbsp maple syrup

¼ cup vinegar ( such as white wine apple  
cider or white balsamic vinegar

## DIRECTIONS

Preheat oven to 375°. In a medium sauce pan over medium heat, combine wild rice and 3 cups of cold water. Cover and bring to a boil, then lower to a simmer and cook until rice is split and tender, 40 to 45 minutes. Drain and transfer to a large bowl.

Meanwhile, roast vegetables: Toss vegetables with 1 tablespoon olive oil and spread in an even layer on a large baking sheet. Season with salt and pepper and roast until tender, 25 to 30 minutes.

Combine dried cranberries, vinegar, and maple syrup in a blender (or shake together using a jar with a lid), and pulse until ingredients are combined. Slowly drizzle in remaining oil and blend until incorporated.

Add dressing and roasted vegetables to bowl with wild rice. Toss to mix ingredients, and serve.

