

From the Kitchens' Of



Wild Rice Dish

Serves 6 - 8

Cooking Time 1 hour ten minutes plus overnight soak

Ingredients

| | |
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| 2 cups wild rice | 6 med. or 3 large Portobello mushrooms |
| 1 cup wheat berries, | 2 small shallots, minced |
| 3/4 cup dried cranberries | 2 Tbsp chopped flat-leaf parsley |
| 2 Tbsp olive oil | 2 Tbsp walnut oil |
| 1 1/2 cups chopped walnuts | |

Directions

Soak wheat berries in three cups water overnight.

Bring two medium pots water to boil over high heat. To one, add wild rice. To the other, add wheat berries. Reduce heat to medium and cook until tender, 30
(see reverse)

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to 35 minutes for wild rice and 20 to 25 minutes for wheat berries.

While grains cook, put cranberries in small bowl and cover with hot water. Soak 15 minutes, drain, and chop. Set aside.

Clean, de-stem and chop mushrooms

Heat oil in medium skillet over medium heat. Add mushrooms and sauté, stirring frequently until mushrooms soften and begin to release their liquid; 8 to 10 minutes. Season lightly with salt and pepper, and transfer to a warm serving bowl. Stir in walnuts, shallots, parsley, and cranberries.

When grains are tender, drain and add them to bowl. Drizzle with walnut oil, and toss gently. If needed, add salt and/or pepper. Serve warm or at room temperature.