

41. Warm Wild Rice and Walnut Salad

This recipe comes from *Readers Digest, "Beat High Blood Pressure" cookbook Usher in autumn with this wholesome blend of wild rice, nuts and dried fruit. Wild rice is often said to have a nut-like flavour, so teaming it up with toasty walnuts makes perfect sense.

Ingredients:

- 2 tsp olive oil
- 1 small onion, finely chopped
- 2 garlic cloves, finely chopped
- 2 celery stalks, cut into 1cm dice
- 1 carrot, quartered lengthways and thinly sliced crossways
- 1 cup (160g) wild rice
- 350ml carrot juice
- 350ml water
- pepper to taste
- ¼ tsp dried thyme
- ⅓ cup (40g) coarsely chopped walnuts
- ⅓ cup (40g) sweetened dried cranberries

Directions:

1. Heat the oil in a medium non-stick saucepan over a low heat. Add the onion and garlic and cook, stirring frequently, for about 7 minutes or until the onion is tender.
2. Add the celery and carrot and cook, stirring frequently, for a further 5 minutes or until the carrot is tender.
3. Stir in the wild rice. Add the carrot juice, water, pepper and thyme and bring to the boil. Reduce to a simmer, then cover and cook for 1 hour or until the wild rice is tender (check after 45 minutes).
4. Meanwhile, toast the walnuts in a small frying pan over a low heat, stirring frequently, for about 5 minutes or until they are crisp and fragrant. Stir the walnuts and cranberries into the wild rice just before serving.