

Wild Rice with Dried Cranberries and Walnuts

1/2 onion, quartered	2 1/2 tablespoons dried cranberries
1 carrot, peeled and quartered	2 apples, peeled and cut into small dice
1 stalk celery, quartered	2 1/2 tablespoons chopped walnuts, toasted
1 cup wild rice	2 teaspoons finely chopped parsley
2 tablespoons olive oil	4 teaspoons finely chopped scallions
2 teaspoons red wine vinegar	salt to taste
4 teaspoons finely chopped shallots	freshly ground black pepper to taste

Wash the rice in a strainer under running water until water is clear. Place the rice, onion, carrot and celery in a sauce pot. Season with salt and pepper and cover with water. Bring to boil, reduce heat and simmer until the rice is tender and fully fluffed, about 45 to 60 minutes. Drain the rice and remove the onion, carrot and celery pieces. Combine the rice in a bowl with the remaining ingredients. Adjust seasoning. Serve warm or at room temperature.

Serving size 1/2 cup.