



Wild Rice Fruit Pilaf

Wild and brown rice give this rich pilaf a nutritional boost, the dried fruit adds a touch of sweetness, and the walnuts give it a toasty crunch. When you are running out of oven space, select this tasty side dish since it's prepared on the stovetop.

Makes 10-12 servings

1 tablespoon butter
1/2 cup chopped onion
6 cups canned beef broth
1 1/4 cups wild rice
1 1/4 cups brown rice
1 cup dried cranberries, cherries or a mixture
1/4 cup Holland House cooking sherry
1 cup sliced green onion
1/2 cup chopped fresh parsley
1/3 cup walnut halves, toasted
1 teaspoon dried thyme leaves
Salt and pepper to taste

1. In large pot over medium heat, melt butter. Add onion, cook, stirring, until tender, 3-5 minutes.
2. Add beef broth, wild rice, brown rice, bring to a boil. Reduce heat, cover, simmer, until rice is tender, 45-60 minutes.
3. Meanwhile, in small bowl, add dried fruit and sherry, let sit 10 minutes, drain fruit. When rice is done, stir in reserved fruit, green onions, parsley, walnuts, thyme, salt and pepper to taste.

Nutritional information per serving:

Calories 208, Protein (g) 7, Carbohydrate (g) 37, Fat (g) 4, Calories from fat (%) 16, Saturated Fat (g) 0, Dietary Fiber (g) 3, Cholesterol (mg) 0, Sodium (mg) 517, Diabetic Exchanges: 2 starch, 1/2 fruit, 1/2 fat

Terrific Tidbit: If you like the taste of sherry, there is no need to drain the dried fruit after soaking – you can add the sherry to the cooked rice along with the fruit.