



WILD AND BROWN RICE

Makes 4 generous servings.

This rice is tasty, crunchy and nutritious. I prefer to serve it warm on a bed of dressed greens.

INGREDIENTS

- ½ cup wild rice
- ½ cup brown rice
- ½ teaspoon kosher salt
- 1 1/3 cup water
- 1 tablespoon extra -virgin olive oil
- 2 teaspoons lemon juice
- ½ teaspoon sumac
- ¼ cup unsweetened dried cranberries
- ½ cup tightly packed flat leaf parsley, coarsely chopped
- ¼ cup blanched, sliced almonds

PREPARATION

1. Combine the rice and place in a heavy saucepan, add water and salt. Bring to a boil over high heat. Reduce the heat and cook covered for about one hour, or until all the liquid is absorbed and the rice is tender.
2. Fluff with a fork and add the olive oil, lemon juice, sumac, dried cranberries, parsley, and almonds.
3. Season to taste with sumac, lemon juice and salt.