

Wild Rice Salad – ala Angry Trout Cafe

Ingredient List

wild rice (4 cups)	shiitake mushrooms (1 cup chopped)
water (6 cups)	salt (½ tsp)
canola oil (tbls)	tamari (2 tbls)
red onion (½ cup chopped)	dried cranberries (2/3 cup)
celery (½ cup chopped)	frozen peas (1 ½ cup)
	hazelnuts (4 oz - toasted – chopped)

PROCESS

1. in a pot – bring rice and water to a boil. Reduce heat, cover and simmer until tender – 20 to 40 minutes – check water level and test - rice varies widely
2. in frying pan – sauté onion, celery and mushroom in the oil until tender
3. add veggies to cooked rice
4. mix in salt, tamari, cranberries, and peas

heat individual servings to order in a fry pan

place on lettuce leaves

garnish with hazelnuts / serve with toasted bread

Enjoy!