

## wild rice salad

February 21, 2010

Servings: 12

Salad

4 cups wild or brown rice, cooked in vegetable stock  
1 each Red pepper, julienned  
6 each green onion, sliced  
10 ounces crimini mushrooms, sliced  
12 cloves garlic, peeled  
1 cup golden raisins  
1 cup pecan halves  
1 cup olive oil  
1 tablespoon kosher salt  
1 tablespoon black pepper  
1/2 cup radish, sliced  
2 teaspoons dried coriander  
2 teaspoons dried thyme

Heat half the olive oil in a medium high pan. When hot add the whole garlic clove and pan roast them till soft. Turn often to prevent burning then remove the garlic and allow it to cool.

Add pecans to the hot pan along with the coriander and thyme, tossing to prevent burning. Cook till very aromatic.

Chop the garlic till it becomes a paste and then toss everything together including the remaining olive oil. Taste and reseason with salt and pepper if needed.

Serve as a side in 1/2 cup portions, or increase amount to use as a main dish.

Yield: 6 cups

Per Serving (excluding unknown items): 273 Calories; 24g Fat (76.1 % calories from fat); 2g Protein; 15g Carbohydrate; 0mg Cholesterol; 475mg Sodium. Exchanges: 0 Grain (Starch); 0 Lean Meat; 1/2 Vegetable; 1/2 Fruit; 5 Fat.