Wild Rice Pilaf with Cranberries and Apples

Yield: 8 servings
Total Time: 1 hour and 15 minutes

Ingredients
¼ cup slivered almonds
1½ cups wild rice, rinsed and drained
2 Granny Smith or other favorite apples, cored and diced
½ cup dried cranberries
2 Tablespoons olive oil or canola oil
1 Tablespoon red wine vinegar
1 Tablespoon sugar

Preparation Instructions
1. Preheat the oven to 325°F. Spread the almonds on a non-stick baking sheet. Bake, stirring occasionally, until golden and fragrant, about 10 minutes. Transfer to a plate to cool.
2. Rinse wild rice and cook according to package directions.
3. While the rice is cooking, core and dice apples.
4. Pour the cooked rice through a fine-meshed strainer to drain any excess water. Return the rice to the pot and stir in the dried cranberries. Cover and set aside.
5. In a small bowl, whisk together the oil, vinegar and sugar.
6. In a large bowl, combine the rice mixture, diced apples and dressing. Toss to coat evenly. Serve warm or cold, topped with toasted almonds.

Nutrition Analysis
Per serving: 210 calories; 6g fat (0.5g saturated, 0g trans); 0mg cholesterol; 5mg sodium; 37g carbohydrate (4g dietary fiber; 13g sugar); 5g protein. Vitamin A 2%, Vitamin C 8%, Calcium 2%, Iron 4% Daily Value.

Cost: $0.73 per serving

Modified from www.mayoclinic.com