

Fall Harvest Wild Rice & Acorn Squash Salad

Makes 5-6 servings

Wild Rice Ingredients:

½ cup wild rice,
rinsed well
1½ cups water
salt, to taste

Squash Ingredients:

1 small acorn squash,
halved, seeds removed,
and cut into wedges
1-2 tablespoons
extra-virgin olive oil
salt, to taste

To Assemble:

1-2 heads Les Verts Greens,
roughly chopped
¾ cup pomegranate arils
1-115g package goat cheese,
crumbled (cranberry flavour
is great)
½ cup toasted chopped
pecans
2 ribs diced celery

Instructions:

Add the wild rice and water to a small pot and bring to a boil. Once boiling, reduce to a simmer, cover, and cook for approximately 45 minutes. It is ready when the grains have burst open and rice is fragrant and tender. Drain any excess water and season with salt to taste. Set in the refrigerator to cool.

Preheat the oven to 400°F. Line a large baking tray with parchment paper. Toss the squash wedges with olive oil, and season with a generous pinch of salt. Arrange on the tray and roast for 25-35 minutes, flipping halfway through, until edges are golden brown and squash is fork tender. Remove from the oven and set aside to cool. Once cool enough to handle, peel off the tough outer skin.

To assemble, place the greens on a large serving platter or in a large bowl. Arrange the wild rice, squash, pomegranate, goat cheese, pecans, and celery. Toss with the dressing, or serve on the side. Taste and adjust the seasoning if necessary. Enjoy!

Dressing

¼ cup extra-virgin olive oil
Juice of ½ lemon
2 tablespoons apple cider vinegar
1 tablespoon dijon mustard
1 tablespoon maple syrup
salt and pepper, to taste

Add the ingredients for the dressing to a blender and blend to fully combine. You can also whisk the ingredients together in a bowl to emulsify the dressing. Adjust seasoning to taste.

