

JEWELED RICE SALAD WITH CINNAMON ROASTED BUTTERNUT SQUASH

Serves 10

INGREDIENTS

- 1 small butternut squash, peeled and cubed into 1/2 - 1/4 inch pieces
- 1 tablespoon olive oil
- 1 teaspoon ground cinnamon
- 1/4 teaspoon ground nutmeg
- Salt and pepper
- 1 cup basmati rice
- 1 cup wild rice or black rice
- 1/2 red onion, finely diced
- 1 tablespoon fresh dill, finely chopped
- 1 tablespoon fresh parsley, finely chopped
- 1 tablespoon fresh mint, finely chopped
- 1 cup dried cranberries
- 1 cup pomegranate arils
- 1/2 cup pistachios



PREPARATION

- 1.** Preheat the oven to 375° F.
- 2.** Place the cubed squash onto a baking sheet. Toss with olive oil, ground cinnamon, nutmeg, salt and pepper. Roast the squash until tender about 25 - 30 minutes, turning once for even cooking. Cool the squash before adding to rice salad.
- 3.** Meanwhile, rinse and cook the rice according to package directions. Once cooked, remove from the pot and cool the rice on a baking sheet.
- 4.** In a large bowl, combine the cooled rice, diced onion, dill, parsley, mint, dried cranberries, pomegranate arils and pistachios. Add the cooled squash and toss to mix.
- 5.** Prepare the dressing in a bowl or mason jar. Pour the dressing over the salad and toss to coat.

Preparation and Ingredients continued on back.

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INGREDIENTS (CONT.)

DRESSING:

- Zest and juice of one orange
- 4 tablespoons honey
- 4 tablespoons sherry vinegar
- 4 tablespoons olive oil
- Salt and pepper
- 1 teaspoon ground cinnamon

To serve place the salad on a large platter or a serving bowl. If desired, reserve some fresh herbs, roasted squash, pomegranate arils and orange zest as garnish.