



# WILD RICE PILAF WITH CRANBERRIES AND APPLES

## Wild Rice Pilaf with Cranberries and Apples

This Wild Rice Pilaf with Cranberries and Apples is a grain-tastic dish that's sure to rice to any occasion! With nutty wild rice, almond-azing crunch, sweet-tart cranberries, crisp apples, and a drizzle of olive oil and red wine vinegar for a zesty kick, it's the perfect side dish to keep your taste buds wildly happy!



### Ingredients

- 1/4 cup slivered **almonds**
- 3 cups **water**
- 1 1/2 cups **wild rice**, rinsed and drained
- 1/2 cup **dried cranberries**, no sugar added
- 2 tablespoons **olive oil**
- 1 tablespoon **red wine vinegar**
- 1 tablespoon **sugar**
- 2 Granny Smith **apples**, cored and diced

### Directions

1. Preheat the oven to 325 F. Lightly coat a baking sheet with cooking spray.
2. Spread the almonds on the baking sheet and bake, stirring occasionally, until golden and sweet smelling, about 10 minutes. Put on a plate to cool right away.
3. In a medium saucepan, bring 3 cups of water to a boil. Add the rice. Reduce heat and cover. Keep adding water as needed to keep the rice from drying out. Simmer until the rice is tender, about 45 to 60 minutes. Pour through a fine-mesh strainer to drain. Return the rice to the saucepan and stir in the dried cranberries. Cover and set aside.
4. In a small bowl, whisk together the oil, vinegar and sugar.
5. In a large bowl, combine the rice and diced apples. Add the oil mixture and toss to coat evenly. Serve warm or cold. Top with toasted almonds.