

# *Everyday Healthy! Everyday Delicious!*

From the Kitchen of Janice Feuer Haugen

## **Wild Rice with Roasted Butternut Squash, Cranberries, Preserved Lemon**

You could easily cut this recipe in half, but why? Make the full recipe and you'll have enough for lunch and/or an easy dinner during the week. For a quick salad, toss any leftovers in a vinaigrette dressing, such as [Shallot-Mustard Vinaigrette](#) or my new favorite

Creamy Apple Cider Vinaigrette (this recipe coming shortly. ♥ )

Inspired by and adapted from a recipe from [David Lebovitz](#).

Vegan and Gluten-Free.

Makes 12 cups

Active Time 1 hour

Total Time 1 hour

### ***Ingredients***

1 ½ cups wild rice blend, i.e., [Lundberg Organic Wild Blend](#)

½ cup wild rice

4 ¼ cups unsalted stock or water

Rounded ¼ teaspoon sea salt

1 bay leaf

1 cinnamon stick

⅔ cup pecans

4 ½ cups ⅓-inch peeled, diced butternut squash

2 tablespoons olive oil, divided

Large pinch salt

1 large onion, ¼-inch diced

1 cup ⅓-inch diced celery

½ cup dried cranberries, preferably fruit sweetened

2 medium cloves garlic, peeled and pressed *or* minced

1 large preserved lemon, flesh removed, peel ¼-inch diced (rounded ½ cup)

½ teaspoon ground cinnamon

1 ¼ cups coarsely chopped fresh parsley

¼ cup coarsely chopped or thinly sliced fresh mint leaves

Salt and freshly ground pepper to taste

### ***Instructions***

1. Heat the oven to 300 degrees. Bake the pecans for 10-12 minutes until fragrant and toasted. Remove from the oven. Raise the heat to 475 degrees.
2. Rinse and drain the wild rice blend mixed with the wild rice. Add it to a large saucepan along with the stock or water, salt, bay leaf and cinnamon stick. Bring to a boil. Cover the pot. Lower the heat so the rice cooks at a gentle simmer for 45 minutes. Turn off the heat. Let the rice sit

for at least 5 minutes before removing the bay leaf and cinnamon stick. Drain the rice of any excess liquid before using.

3. Peel and dice the butternut squash. Toss the squash with 1 tablespoon of the olive oil and a large pinch of salt. Spread it out in a single layer on a parchment-lined rimmed baking sheet. Roast the squash at 475 degrees about 20 minutes until tender and lightly colored. Transfer the squash to a large bowl. Turn off the oven.
4. Heat 1 tablespoon oil in a medium sauté pan over medium heat. Stir in the diced onion. Cover the pan. Reduce the heat to medium-low and cook for 5 minutes.
5. Raise the heat to medium. Stir in the diced celery, dried cranberries, garlic and a large pinch of salt. Cover the pan and cook for about 2 minutes or until the celery is tender. Transfer to the bowl with the squash.
6. Add the diced, preserved lemon peel along with any juices on your cutting board into the bowl along with the ground cinnamon and cooked wild rice.
7. Just before serving Wild Rice with Roasted Butternut Squash, Cranberries, Preserved Lemon stir in the chopped parsley, mint and toasted pecans. Adjust the salt and pepper to taste.