



The Edible Garden

Recipe featured at *Cooking for the Season* demonstration, October 14

Wild Rice Pilaf

By: Kevin Archer, Director of Compassionate Cuisine Program
at the Catskill Animal Sanctuary

Ingredients (*Serves 4*)

1 tablespoon olive oil
1 onion, diced
¼ cup pecan pieces
1 cup wild rice
¼ cup dried cranberries
3 cup water
½ teaspoon sea salt

Instructions

1. Warm the oil over medium heat in a heavy-bottomed soup pot. Add the onion and sauté until clear.
2. Add the pecans and rice and cook, stirring frequently, for about 5 minutes.
3. Add the cranberries, water, and salt. Bring to boil, then reduce to simmer. Cook with a tight cover for 50 minutes.