

Fall Harvest Wild Rice & Acorn Squash Salad

This fall harvest salad, made with seasonal ingredients, is perfect for any fall or winter gathering. Wild rice has a wonderful nutty flavour, and it's hearty texture compliments creamy roasted squash, tender greens, sweet pomegranate, and tangy dijon dressing perfectly.

Serves 5-6

Ingredients:

For the Wild Rice:

½ cup wild rice, rinsed well

1½ cups water

salt, to taste

For the Squash:

1 small acorn squash, halved, seeds removed, and cut into wedges

1-2 tablespoons extra-virgin olive oil

salt, to taste

For the 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

To Assemble:

3-4 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.

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.

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!