

# Wild Rice Dressing

*This dressing combines brown rice and wild rice. However, you can try substituting wehani or basmati rice for part of the brown rice. (Serves 6)*

- 4 cups water
- 3/4 teaspoon salt
- 3/4 cup long-grain brown rice
- 3/4 cup wild rice
- 1 tablespoon olive oil
- 1 small onion, chopped
- 1 pound fresh mushrooms, cleaned and sliced
- 1/2 cup finely chopped parsley
- 1 cup sliced celery
- 1/4 teaspoon crumbled sage
- 1/8 teaspoon each black pepper, dried marjoram, and dried thyme
- 1/2 cup pecan halves, broken lengthwise



Bring water to a boil and add 1/4 teaspoon salt and both varieties of rice. Lower to simmer, then cover and cook until rice is tender but still crunchy, 30 to 40 minutes.

Preheat the oven to 350° F.

In a large ovenproof skillet, gently heat the oil and sauté the onion and mushrooms until the onion becomes transparent. Add the parsley, celery, cooked rice, seasonings, and pecans. Stir to mix, then cover and bake for 15 minutes.

*Nutrition information per serving:* 290 calories, 8.5 g protein, 60 g carbohydrate, 9.6 g fat, 29% of calories from fat, 0 mg cholesterol, 315 mg sodium