

Apricots and Water Chestnuts in Wild Rice

- Serves 8 as a side dish
- Working Time: about 30 minutes
- Total Time: about 60 minutes
- Nutrition
 - Calories 130
 - Protein 4 g
 - Cholesterol 0 mg
 - Total Fat 0 g
 - Saturated fat 0g
 - Sodium 75 mg

Ingredients

- 1 cup wild rice
 - ¼ lb dried apricots, cut into ½ inch pieces
 - 6 oz. fresh water chestnuts, peeled and quartered. Can also use 8 oz can whole peeled ater chestnus draine, rinsed, and quartered
 - 2 TBSP chopped fresh parsley
 - Spicy Lemon Dressing
 - 2 TBSP fresh lemon juice
 - 1 TBSP red wine vinegar
 - 1/8 tsp ground ginger
 - 1/8 tsp cinnamon
 - Ground cloves
 - ¼ tsp salt
 - Freshly ground black pepper
1. Bring 6 cups of water to a boil in a saucepan. Stir in the wild rice, reduce heat and simmer rice uncovered until it is tender but still chewy – approximately 45 minutes.
 2. While the rice cooks, prepare the apricots and dressing.
 - a. Put the apricots into a small bowl and pour in enough hot water to cover them by about 1 inch. Soak apricots for 20 minutest to soften them.
 - b. Drain apricots, reserving 1/4 cup of their soaking liquid and set them aside
 3. Pour the reserved apricot soaking liquid into a small bowl. Add the spicy lemon dressing (lemon juice, vinegar, ginger, cinnamon, and a pinch of cloves, salt and some pepper). Whisk the mixture vigorously until it is thoroughly combined.
 4. When the rice finishes cooking drain and rinse and transfer to a serving bowl. Pour the dressing over the rice, then add the apricots, water chestnuts and the parsley. Toss all ingredients together and serve at room temperature.