

Wild Rice, Farro and Dried Cranberry Salad

Ingredients

4 sprigs of fresh thyme
4 cups vegetable stock
1 cup wild rice
1 cup farro
1/3 cup orange juice
½ cup extra virgin olive oil
4 green onions, white and green parts chopped fine
1/3 cup dried cranberries chopped
salt and pepper to taste

Preparation

In medium sauce pan, place 2 cups vegetable stock, 1 cup water, 2 sprigs of thyme and pinch of salt, bring to a boil. Add 1 cup of rinsed wild rice reduce heat to medium and cover. Cook for 40-45 minutes until rice is tender and liquid is absorbed. Remove from heat and discard thyme. Let cool.

In another medium saucepan, add 2 thyme sprigs, 2 cups vegetable stock, 1½ cups of water and 1 cup of rinsed farro. Bring to a boil, reduce heat and cook uncovered for about 40 minutes. Let cool.

Whisk orange juice and olive oil together with a pinch of salt and pepper.

Place cooled farro and wild rice, green onions and dried cranberries in bowl. Add dressing and toss to coat. Adjust seasonings if needed. Serve chilled or at room temperature.