

MAITAKE AND WALNUT WILD RICE (gluten free)

By William Li, M.D.

2 cups of dry wild rice

1 cup walnut halves chopped into large pieces

12 ounces maitake mushrooms, roughly chopped

¼ cup extra virgin olive oil

¼ cup yellow onion, finely chopped

2 teaspoons lemon juice

Salt and pepper, to taste

Coriander powder, to taste

2 tablespoons chopped fresh chives

Rinse and cook the wild rice according to the package instructions. The rice is done when it is al dente and some grains have burst open. Place rice in a large metal bowl and let it cool to room temperature.

Toast the walnut pieces in a cast iron or steel pan over medium-high heat for 2 minutes, until fragrant, being careful not to burn them. Remove from pan and set aside to cool.

Heat the olive oil in a pan over medium heat. Add the onions and saute until softened and light brown, about 1 minute. Add the mushrooms and saute for 3 minutes. Add the toasted walnuts and lemon juice, and mix together using a wooden spoon. Add salt and pepper to taste. Turn off the heat and allow to cool slightly.

Add the mushroom mixture to the rice and toss together until uniformly mixed. Add a sprinkle of coriander and the chopped chives before serving.