

FORBIDDEN RICE SALAD

Serves 3 as main course, 6-8 as a side. Oven @375.

2/3 cup black rice
1 pound butternut squash
1/2 tsp rounded smoked and/or plain Spanish Paprika
1/4 tsp kosher salt
2+ Tbsp slivered green onions
1/2 cup pecans, coarsely chopped
1/2 cup Pommegranate seeds

DRESSING (Tip: make double, reserve part to refresh salad at serving)

1-1/2 Tablespoons lemon juice
1-1/2 teaspoons maple syrup
Pepper to taste

- (1) Bring large pot salted water to boil over high heat. Add rice and adjust heat to maintain a lively simmer. Cook until tender, about 30 min. Drain and rinse with cool water. (Follow directions that come with your rice, and then drain & rinse w cool water.)
- (2) Preheat oven to 375 degrees. Peel squash and cut into 1" cubes. In large bowl, toss squash a few drops or mists of canola oil (just enough to make the paprika adhere better. .the goal is a no-added-oil dish) and then again with paprika, salt. Spread on baking sheet in single layer and roast, stirring occasionally until browned and tender about 40 minutes. Let cool.
- (3) Pan roast the pecans until fragrant.
- (4) Whisk together lemon juice, maple syrup, and pepper. Toss dressing with reserved rice, green onions, butternut squash and some of the pomegranate and pecans. (If making ahead reserve the pecans until serving time so they will be crunchy.) Place in serving dish and sprinkle with remaining pecans and extra pomegranate seeds.
- (5) Taste to adjust salt, pepper, smoked Paprika before final toss and serving.

TIPS:

- (1) Use a spicy smoked paprika. A sweet or plain smoked paprika should work well too. Use some of each.
- (2) Either Forbidden Rice or Black Rice (Lundberg, from California) works well. Can also mix in a little Red Rice.
- (3) Start with a fresh Butternut squash that you peel and cube yourself. There aren't any shortcuts here.
- (4) Make twice as much dressing as the recipe calls for. Save a little of it to freshen the salad just before serving.

/source: Sunset Magazine Jan 2012