

Wild Rice & Oats Salad

1/2 cup wild rice
3/4 cup oat groats
1 1/2 cups chicken broth
2 tbsp butter
1 sweet onion, diced
1/2 tsp sage
1/2 tsp thyme
2 tbsp parsley
1/2 tsp garlic powder
Salt and pepper to taste
1/2 cup dried apricots, chopped
1/2 cup dried cranberries
1/2 cup orange juice

Cook wild rice as directed. Cook oats as directed using the chicken stock.

Plump dried fruit by covering with water in a pot, bring to a boil than simmer for 2 minutes, let stand for 5 minutes and drain.

Heat butter in a skillet, sauté onions until softened, about 3 minutes. Add the spic-es, cooked rice and oats, and orange juice. Heat and stir until heated through.

Serves 8.