

# Wild Rice Stuffing

Serves six, 230 calories

This stuffing goes with a crown roast of lamb. I usually find pomegranate seeds at Meijer.

## Ingredients:

- 2 tsp. vegetable bullion concentrate
- 1 cup wild rice blend (3 cups cooked)
- 2 Tbsp. olive oil
- 1 shallot
- 2 cloves garlic
- 1/2 cup dried tart cherries
- 1/2 cup pistachio nuts
- 1/4 cup Italian parsley
- 1/2 cup pomegranate seeds
- 1/4 tsp. ground cinnamon
- 1/4 tsp. ground cumin



## Equipment:

- Large saucepan
- Dutch oven

### Wild Rice Stuffing:

☑	Directions	Time (min)	
	Mix 2 cups hot tap water with 2 tsp. vegetable bullion concentrate	2	
	In a saucepan, combine broth with 1 cup wild rice blend.	2	
	Bring to a boil and then cover and simmer		
	Peel and dice 1 shallot	2	45
	Peel and dice 2 cloves of garlic	2	
	Chop 1/2 cup pistachio nuts	2	
	Chop 1/4 cup flat leaf parsley	2	
	In a Dutch Oven, heat 2 Tbsp. olive oil	1	
	Sauté shallot and garlic	2	
	Add dried cherries, 1/4 tsp. cinnamon, 1/4 tsp. cumin, and 1/2 cup pistachio nuts	2	
	Toast	2	
	Add cooked rice and chopped parsley to the tasted nuts	2	
	Top with pomegranate seeds before serving		
	Total	53 min.	