



Sweet and Savory Wild Rice Bake

MyPlate2Yours - Lynn Dugan

Ingredients

2 cups wild rice
2 tablespoons olive oil
4 stalks celery, diced
1 large sweet onion, diced
3 cloves minced garlic
1 small jalapeno pepper, seeds and ribs removed, finely chopped
2/3 cup toasted pepitas
2/3 cup golden raisins
2/3 cup vegetable broth
3 teaspoons ground coriander
2 tablespoons white balsamic vinegar

Directions

Cook rice according to package instructions. Preheat oven to 350°F. In a large skillet, heat oil and sauté celery, onion, garlic, and jalapeno until onions are soft and translucent, about 5 minutes. Add coriander and cook until fragrant. Remove from heat and add pepitas, raisins and rice. Season with salt and pepper. Stir in vegetable broth. Fill a 9-inch square baking pan with rice mixture. Cover with foil and bake 15-20 minutes until fully heated. Drizzle with vinegar. Enjoy!