

# Wild Rice, Cannellini Bean, Garlic Roasted Carrot Salad

## Ingredients

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½ cup wild rice  
1 cup dried cannellini or butter beans  
4-5 medium carrots  
⅛ small red onion, sliced into very thin crescents  
4-6 cloves garlic  
2 Tablespoons extra virgin olive oil  
½ bunch parsley , minced  
sea salt  
freshly ground black pepper  
DRESSING  
1 Tablespoon mustard  
1 teaspoon maple syrup (optional)  
2 Tablespoons apple cider vinegar  
3 Tablespoons extra virgin olive oil  
pinch of sea salt

## Method

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Soak beans for 8 hours or overnight. Drain, rinse well and cover with fresh water. Add a teaspoon of sea salt. Bring to a boil, reduce to a simmer and cook until beans are soft, about 45 minutes.

While beans are cooking, rinse the wild rice well, drain and put in a pot. Cover rice with 1 1/2 cups fresh water, add a couple pinches of sea salt, bring to a boil and reduce to simmer. Cook until rice is chewy-tender, about 45 minutes. You will know rice is done when the grains open up to reveal their beautiful purple-gray inner portion.

Preheat the oven to 400F. While the rice is cooking, wash the carrots and slice them on the diagonal into 'coins'. Place on a baking sheet. Mince the garlic and combine it with

the oil. Pour over carrots and toss to coat. Sprinkle with salt. Place in the oven and roast, turning them a few times over the course of 15-20 minutes. The carrots should be cooked but not too soft - al dente.

Make the dressing by combining all ingredients together and shake well.

Now all the elements come together: Drain and rinse beans in cool water to stop the cooking process. Pour dressing over warm beans and toss. Let sit for 5 minutes or so. Drain the rice if any water remains, cool slightly. Mix with beans. Toss in the carrots, scraping the pan to add garlic oil to the remainder of ingredients. Throw in some paper-thin red onion slices, a heap of fresh, chopped parsley and grind some black pepper to finish.

Serve immediately, warm and fragrant.

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## Notes

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This salad is exceedingly flexible. Quinoa, brown, red or black rice works well instead of wild rice, winter squash cubes or sweet potato in the place of carrots, any light color bean contrasts well with the dark wild rice. A little grated lemon or orange peel would brighten up the dressing.

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Source: Inspired by <https://www.mynewroots.org/site/2010/02/warm-salad-month-wild-rice-butter-bean-and-garlic-roasted-carrot-salad-2/> (6 servings)

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