

# Kale, Cranberries and Brown Rice Salad

**Type:** Side **Serves:** 32 tastes **Recipe source:** Stir it Up

**COOK NOTE:** Brown rice can be replaced with white rice, quinoa, couscous or any cooked grain

<b>EQUIPMENT:</b>	<b>INGREDIENTS:</b>
Chopping boards	3 cups brown rice
Knives	4 $\frac{1}{2}$ cups water
Metric Measuring Cups & Spoons	1 large bunch curly green kale
1 small fry pan	1/2 cup pepitas
1 large saucepan with lid	2 tablespoons honey
	salt and pepper
	2 garlic gloves
	4 tablespoons apple cider vinegar
	1/4 cup olive oil
	1/2 red onion, thinly sliced
	1/2 cup dried cranberries or currants

## **What to do:**

1. Put pepitas into small frypan and dry fry until golden and smelling toasted.
2. Combine honey, salt and pepper, crushed garlic, vinegar, and olive oil with an whisk in a small bowl. Taste and add more of anything to taste. Drop the sliced onions and dried cranberries into the dressing to marinate
3. Put brown rice and water together in a pot with a lid.
4. Set the heat to maximum, and bring the rice and water to a boil uncovered. Then put the lid on the pot, and reduce the heat to low simmer. If your lid has a steam valve, keep it closed. Let the rice simmer for 20 minutes.
5. While rice is cooking wash Kale thoroughly and dry in salad spinner. Remove the big stem in the middle and chop coarsley
6. Turn off the heat, and let the rice sit in the covered pot for another 10 minutes. It's OK if you let the rice sit longer than 10 minutes (20 or 30 minutes is fine too), but don't let it go any less. I prefer my rice to be slightly chewy, not mushy, so I usually remove the lid after 10 minutes. Be careful when you remove the lid, since a lot of steam may escape when you do. Leave this rice to cool for the next class
7. To assemble salad in a large bowl, combine rice, kale, and dressing. Use your hands to gently mix to make sure everything is covered with the vinaigrette. That's what makes this salad. Add a little more coarse salt and pepper to taste. Divide into 3 salad bowls
8. Chop toasted pepitas finely and sprinkle over the top