

Moroccan Roasted Carrot, Arugula, and Wild Rice Salad

WILD RICE

1 cup wild rice, rinsed
¼ teaspoon fine sea salt

ROASTED CARROTS

1 pound carrots,* peeled and cut on the diagonal into ½-inch-thick slices
1 tablespoon extra-virgin olive oil

1 teaspoon chili powder

¼ teaspoon ground cinnamon

¼ teaspoon fine sea salt

LEMON CITRONETTE

¼ cup extra-virgin olive oil

2 tablespoons lemon juice

1 teaspoon Dijon mustard

1 teaspoon honey or maple syrup

1 clove garlic, pressed or minced

¼ teaspoon fine sea salt

Freshly ground black pepper

SALAD

⅓ cup raw pistachios, roughly chopped, or pepitas (hulled pumpkin seeds)

5 to 6 ounces baby arugula

⅓ cup crumbled goat or feta cheese (about 2 ounces)

3 tablespoons raisins, preferably golden

Middle Eastern flavors collide with Minnesota-grown wild rice in this hearty roasted carrot salad. It's like they were meant to be together all along. Roasted carrots taste downright exotic once they combine with chili powder, pistachios, golden raisins, and goat cheese. I love how wild rice always retains its slightly chewy texture, no matter how long it soaks in dressing. You'll be pleasantly surprised by the flavors here. **MAKES 4 LARGE SALADS OR 6 MEDIUM SIDE SALADS**

1. To cook the wild rice: Bring a large pot of water to boil. Add the rinsed rice and continue boiling, reducing the heat as necessary to prevent overflow, until the rice is pleasantly tender but still offers a light resistance to the bite, 40 to 55 minutes. Remove the pot from the heat, drain the rice, and return it to the pot. Cover and let the rice rest for 10 minutes, then uncover and stir in the salt. Set aside.

2. To roast the carrots: Preheat the oven to 400°F. Line a large rimmed baking sheet with parchment paper for easy cleanup.

3. Place the carrots on the baking sheet and drizzle them with the olive oil. Sprinkle the chili powder, cinnamon, and salt on top. Toss until the carrots are lightly coated in oil and spices. Arrange in a single layer and roast until they are caramelized on the edges and easily pierced through by a fork, 25 to 40 minutes (see Note), tossing halfway.

4. To make the lemon citronette: In a small bowl, whisk together the olive oil, lemon juice, mustard, honey, garlic, salt, and pepper to taste.

5. To prepare the salad: In a medium skillet, toast the chopped pistachios over medium heat, stirring frequently, until fragrant and turning golden on the edges, 4 to 6 minutes. Set aside to cool.

6. In a large serving bowl, combine the cooked wild rice and arugula. When you're ready to serve, drizzle the mixture with just enough dressing to lightly coat the salad (you might have a little extra) and toss to combine. Arrange the roasted carrots down the center and sprinkle the toasted pistachios, crumbled goat cheese, and raisins on top. Serve immediately. This salad is best the day it's prepared, but it keeps well, chilled, for 2 to 3 days.

GLUTEN FREE • DAIRY FREE/VEGAN: Skip the cheese. For a vegan salad, use maple syrup instead of honey. • **EGG FREE** • **NUT FREE:** Substitute pepitas for the pistachios. • **SOY FREE**