



Abundance Hill Favorite Recipes

Rice Pilaf with Butternut Squash and Cranberries

Serves: 16

Total Time: 2 ½ hours

Ingredients

6 cups 1/2-inch cubes peeled seeded butternut squash	2 cups wild rice
1 teaspoon salt	2 cups long-grain brown rice
5 tablespoons olive oil, divided	2 Fuji apples, peeled, cored, cut into ½ inch cubes
2 cups chopped onion	2 cinnamon sticks
1 cup chopped peeled carrot	7 ¼ cups water
2 tablespoons minced peeled ginger	4 teaspoons salt
2 tablespoons curry powder	1 cup dried cranberries
2 teaspoons ground cumin	
2 garlic cloves, minced	

Directions

Preheat oven to 425°F

Toss squash cubes with 2 tablespoons olive oil and 1-teaspoon salt. Arrange squash cubes on baking sheets in 1 layer and roast, stirring halfway through roasting, until tender, about 25 minutes total. Remove squash from oven and set aside.

Toss diced apple with 1-tablespoon olive oil. Arrange diced apple on a baking sheet and roast until tender 5-10 minutes. Do not over-roast. Set aside.

Heat 2 tablespoons oil in heavy large saucepan over medium heat. Add onion and

carrot; sauté 5 minutes. Add ginger, curry powder, cumin, and garlic; stir 1 minute. Stir in wild rice, long grain rice, and cinnamon sticks. Add water and salt. Bring to boil.

Reduce heat to medium-low, cover, and simmer until water is absorbed and rice is tender, about 45 minutes. Taste and add more water if necessary. Remove from heat. Gently stir in squash, apple and cranberries. Cover; let stand until cranberries soften, about 10 minutes. Season to taste with salt and pepper. Transfer to a microwaveable serving dish (Can be made 2 hours ahead. Let stand uncovered at room temperature.)

Heat to serve.