

Gluten is a protein found in wheat, barley, rye and products made from these grains. Approximately 6% of the population is affected by gluten intolerance with 30% having a risk of developing the condition.

Cranberry Apple Pecan Wild Rice Pilaf

Ingredients

1 1/2 cups low-sodium chicken broth	1 bay leaf
1 1/2 cups apple juice	1 cup wild rice blend, rinsed & drained
1 tablespoon dijon mustard	1/2 large onion, diced
3 tablespoons butter, divided	1 fuji or honeycrisp apple, chopped
1/2 teaspoon salt	3 garlic cloves, minced
1/4 teaspoon pepper	2 teaspoons apple cider vinegar
1/2 teaspoon dried parsley	1/2 cup dried cranberries
1/4 teaspoon dried oregano	1/2 cup chopped pecans, toasted
1/4 teaspoon dried thyme	



Instructions

1. Bring broth, apple juice, dijon mustard, 1 tablespoon butter, salt, pepper, dried thyme, oregano, parsley and bay leaf to a boil in a large nonstick skillet.
2. Add rice, cover and reduce heat to low. Simmer 45 to 60 minutes or until rice is tender and almost all of the liquid has been absorbed, checking rice at 45 minutes. Once cooked, drain rice and leave in fine hole strainer.
3. In the same pan you cooked the rice, melt 2 tablespoons butter over medium heat.
4. Increase heat to medium high and add onions and apples; saute for 5 to 7 minutes, or until onions and apples are tender. Add garlic and saute for 30 more seconds.
5. Return rice to skillet along with cranberries, pecans and apple cider vinegar. Toss to evenly combine. Season with additional salt and pepper to taste. Garnish as desired.

Source: <http://www.carlsbadcravings.com/cranberry-apple-pecan-wild-rice-pilaf-recipe/>