



## Warm Wild Rice Salad with Roasted Squash and Sunflower Sauce.

(Vegan and gluten free, serves 2-4)

1 Delicata Squash (About 1-1.5 Lbs)  
8 Small Shallots  
1 Tbl Olive Oil  
Coarse Salt  
1 Bunch Kale (I Used Red Russian, Lacinto Would Also Be Nice.)  
1 Cup Wild Rice  
3 Cups Vegetable Stock

### For the Sauce

1/3 Cup Sunflower Seeds  
4 Tbl Olive Oil  
1 Tbl Tahini  
2 Tbl Lemon Juice  
1/4 Tsp Salt  
1 Tbl Succant, Or Brown Sugar  
2-4 Tbl Warm Water  
1/2 Cup Parsley, Finely Chopped  
Additional Salt And Pepper To Taste

Pre-heat the oven to 350 degrees. In a oven safe pot with a fitted lid bring 3 cups vegetable broth to a boil, stir in one cup of rinsed wild rice and ½ teaspoon salt. Cover and place in the oven for 60-90 minutes. When rice is done, keep covered, and let rest while squash cooks.

For the squash and shallots, raise oven temperature to 425 degrees. Slice the squash into 1" thick rounds, then gently scoop out seeds. Peel the shallots and if large cut in half once. Toss the squash and shallots with about 1 tablespoon of olive oil and sprinkle with coarse salt. Spread evenly on a roasting pan and roast in the oven for approximately 45 minutes. Turn once or twice allowing both to become well caramelized.

While vegetables are roasting, strip the thick stalks from your kale. Blanch it for 2 minutes in rapidly boiling, salted water. Drain and allow to cool enough so that you can press the excess water from the leaves. I have also put my blanched greens in a salad spinner and removed the extra moisture that way. It works quite well. Cut the kale leaves into 1" thick strips and set aside.

To make the dressing, measure the ingredients into a blender and pulse until well combined. Begin with adding 2 tablespoons of warm water. Check the dressing for seasoning and consistency. If the sauce is too thick add 1-2 tablespoons more water.

When the vegetables are tender and caramelized toss your kale leaves with them and return to the oven for a couple of minutes, just to warm the kale through.

To assemble, spoon your rice onto a platter, layer your vegetable mixture on top and drizzle with the sunflower sauce.

*Recipe from Olive Oil, Salt & Pepper  
By Gianna Kelly  
<http://oliveoilsaltpepper.blogspot.com>*