

## Wild Rice and Yam Pilaf



### Prep:

20 minutes

### Total:

60 minutes

### Makes:

8 full servings

### Utensil:

3 Qt./2.8 L Sauce Pan with Cover

3 Qt./2.8 L Perforated Basket

4 Qt./3.8 L Roaster with Cover

Cookie Sheet (12 ½ x 15 ½)

**Rate** ★★☆☆☆

### Recipe:

### Contributed By:

Marni Wasserman

Certified Chef and Culinary Nutritionist, Marni uses passion and experience to educate individuals on how to adopt a realistic, plant-based diet that is both simple and delicious.

[Write a Review](#)

### Recipe Description:

The colour of wild rice ranges from a dark black to a lighter colour. The darker and richer the grass is, the smokier and more fermented it is going to taste. However, most of the time wild rice will give a nutty and woody flavour which makes it great for warming pilafs and grain based salads. Wild rice, like any rice dish can be made with anything added to it. You can make it sweet, savoury, put it into soup, pancakes or combine it with other grains.

You can learn more about Marni by visiting her Facebook and Twitter page, or [www.marniwasserman.com](http://www.marniwasserman.com).

1 - 2 yams, cut into cubes and roasted  
3 tablespoons  
extra virgin olive oil, divided (optional)  
(45  
mL)  
sea salt and ground pepper  
1 cup  
wild rice, rinsed and dry toasted  
(185  
g)  
2 cups  
water

(475  
mL)  
1 bunch of kale, chopped into pieces and lightly steamed  
(optional)  
1/3 cup  
chopped dried cherries or cranberries  
(40  
g)  
1/4 cup  
chopped toasted cashews or hazelnuts  
(32  
g)  
2 tablespoons  
fresh chives or green onions  
(6  
g)

#### Directions:

1. Preheat oven to 350°F/180°C. Place cubed yams on baking sheet and drizzle with 1 tablespoon (15 mL) olive oil, if using. Place in the oven and bake for 45 minutes.
2. Rinse rice and dry toast in 4 Qt. Roaster over medium heat for 1 - 2 minutes. Add water and cover. When Vapo-Valve™ clicks, reduce heat to low and simmer for 30 minutes or until the water is absorbed.
3. Meanwhile, lightly steam chopped kale in steamer insert. Set aside.
4. Fluff rice and stir in cherries, cashews, and roasted yams. Let stand, covered, for 5 minutes.
5. Stir in kale and remaining olive oil, if using. Place in a serving bowl and garnish with chives.
6. Serve hot or at room temperature.

#### Nutritional Information per

##### ▼ Serving

With olive oil

**Calories:** 239

**Total Fat:** 8g

**Saturated Fat:** 1g

**Cholesterol:** 0mg

**Sodium:** 56mg

**Total** 40g

**Carbs:**

**Dietary Fiber:** 5g

**Sugar:** 1g

**Protein:** 6g

Without olive oil

**Calories:** 194

**Fat:** 2g

**Saturated Fat:** 0g

**Cholesterol:** 0mg

**Sodium:** 56mg

**Carbohydrate:** 40g

**Fiber:** 5g

**Sugar:** 1g

**Protein:** 6g