

Maitake and Wild Rice Thanksgiving Salad

Ingredients

- 1 cup wild rice
- ½ lb. fresh maitake mushroom, cleaned
- 2-3 tbsp. vegan butter
- ½ cup hazelnuts
- ½ red onion
- ½ pomegranate
- 1 clove garlic
- ½ tsp. fresh tarragon, finely chopped
- Salt and pepper, to taste

For the Cranberry Ginger Dressing:

- 1 cup fresh cranberries
- ¼ cup olive oil
- 1 tbsp. maple syrup
- 5 grams fresh, peeled ginger
- 2-3 springs fresh tarragon
- Salt and pepper, to taste

Steps

1. Start cooking the wild rice as directed on the package, and once cooked drain and set aside.
2. Peel the maitake into bite-sized pieces. Heat a medium-sized skillet, melting the vegan butter. Add the maitake and cook, stirring, until it has turned brown and become crispy. Season with salt and pepper, and set aside.
3. Heat a small skillet, using no oil, and add your hazelnuts. Stir often, and cook until fragrant. Set aside. Dice your onions, mince the garlic, remove the cranberry seeds, and finely chop the tarragon.
4. Layer the salad with the arugula on the bottom, around the edges. Place the wild rice on top, letting the arugula peek out from underneath. Add the maitake next, followed by the red onion, garlic, hazelnuts, pomegranate, and fresh tarragon. Add a crack of salt and pepper.
5. Make the dressing by blending the ingredients together until smooth. Add water, one tablespoon at a time, until your dressing has the desired thickness.

