

vegetarian times

EAT GREEN • LIVE WELL

the season's best

- Spectacular sweet & savory pies
- Stress-free holiday sides
- The ultimate Thanksgiving menu

30
tasty recipes
to dress up
your holiday
table

LAYERED
SWEET POTATO
TORTILLA



HOME-BAKED
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gluten-free pantry

Add chewy, nutty wild rice to everything from veggie burgers to cookies



go wild!

Now that global grains such as quinoa and amaranth have made it to the mainstream, it's easy to overlook wild rice, North America's native gluten-free grain. "Wild rice is native to the Great Lakes region, but it also grows well when cultivated in Northern California and Texas," says Todd Kluger, vice president of marketing for Lundberg Family Farms in Richvale, Calif. Kluger credits the fermenting and roasting process used to cure the dark brown grains for their rich, nutty flavor. Among his recommendations for using wild rice? Blending it with other grains for flavor and texture, grinding it raw into flour to add fiber and flavor to baked goods, and popping the kernels the way you'd pop popcorn and sprinkling over salads.

Wild Rice and Dried Cranberry Cookies

MAKES 24 COOKIES

Cooked wild rice replaces oats (which can be sauced with gluten) in this variation on old-fashioned oatmeal-raisin cookies.

- 1½ cups cooked wild rice
- 1½ cups brown rice flour or all-purpose gluten-free flour mix
- 1 Tbs. cornstarch
- ½ tsp. baking soda

- ½ tsp. ground cinnamon
- ½ tsp. ground ginger
- ½ tsp. salt
- ½ tsp. ground nutmeg
- 4 oz. (1 stick) margarine or butter
- ½ cup dark brown sugar
- ½ cup sugar
- 1 large egg
- 1 tsp. vanilla extract
- 1 cup dried cranberries
- ½ cup chopped toasted walnuts

1. Preheat oven to 350°F, and coat 2 baking sheets with cooking spray.
 2. Process wild rice in food processor 1 minute, or until coarsely chopped. Set aside.
 3. Whisk together brown rice flour, cornstarch, baking soda, cinnamon, ginger, salt, and nutmeg in large bowl. Set aside.
 4. Cream margarine, brown sugar, and sugar in bowl with electric mixer until smooth and fluffy. Beat in egg and vanilla. Add flour mixture, and beat until smooth. Stir in wild rice, dried cranberries, and walnuts.
 5. Scoop 2-Tbs. dollops of batter 1½ inches apart on prepared baking sheets. Bake 8 to 10 minutes, or until cookies are browned and dry on top. Cool 1 minute on baking sheets, then transfer to rack with spatula, and cool completely.
- PER COOKIE: 345 CAL, 2 G PROT, 6 G TOTAL FAT, 51 G CARB, 20 G FIBER, 84 MG CHOL, 133 MG SOD, 1 G SUGAR, 12 G SUGARS