

Curried Lentil & Wild Rice Salad

- 1 cup wild rice
- 1 cup green or brown lentils
- $\frac{1}{2}$ cup currants
- $\frac{1}{4}$ cup finely chopped red onion
- $\frac{1}{3}$ cup roasted slivered almonds

Dressing

- $\frac{1}{4}$ cup white wine vinegar
- 1 tsp ground cumin
- 1 tsp Dijon mustard
- $\frac{1}{2}$ tsp each honey, salt & ground coriander
- $\frac{1}{4}$ tsp each tumeric, paprika, nutmeg & ground cardamom
- $\frac{1}{8}$ tsp each cinnamom, ground cloves & cayenne
- $\frac{1}{3}$ cup olive oil

Cook lentils in 3 cups of boiling water for about 25 minutes or until tender. Drain and rinse well with cold water. Cook rice until tender in 2 cups of boiling water.

Transfer rice & lentils to large bowl. Add currants and onion; set aside.

In a small bowl, mix all dressing ingredients, whisking in oil at the end. Pour over rice/lentil mixture and toss gently.

Let salad cool for several hours, covered in refrigerator. Sprinkle with roasted almonds before serving.