

Wild Rice Succotash

Serves 6-8

Succotash is a classic dish that is comprised of beans, usually lima beans, corn and peppers. The word “succotash” comes from Narraganset, an Algonquian language, spoken in what is now called New England. The Narraganset word *sohquttahhash* translates to "broken corn kernels. This version starts with a base of wild rice. Lyed white corn is added along with butternut squash and red kidney beans. It is seasoned with green onions, sumac, sunflower oil, apple cider vinegar and maple syrup. Add a handful of cranberries for sweetness and texture.

1 cup wild rice, rinsed
4 cups water
1 small butternut squash, peeled and cubed
2 cups white lyed corn **OR**
1 – 708ml (25oz) can Mexican style hominy, drained and rinsed
1 – 590ml (19oz) can red kidney beans, drained and rinsed
3 green onions, white and light green parts, chopped
1/4 cup dried cranberries
2 tablespoons sunflower oil
2 tablespoons cider vinegar
2 tablespoons maple syrup
1 tablespoon ground sumac
Kosher salt to taste

Bring the water to a boil and cook the wild rice until soft and curled. Drain the rice, reserving the water to use as stock.

Pre-heat the oven to 350°F and spray a 9-inch by 13-inch baking dish with non-stick cooking spray.

Combine the sunflower oil, cider vinegar, maple syrup and sumac in a measuring cup.

Return the rice to the pot and mix in the cubed squash, white corn, kidney beans, green onions and cranberries. Pour the dressing over the mixture and stir to combine.

Place the mixture in the baking dish and cover with foil. Bake for 40-60 minutes or until heated through and the squash is soft.