

Forbidden Rice Salad with Roasted Butternut Squash

INGREDIENTS

2 cups forbidden rice
1/2 medium butternut squash, peeled, seeds removed, cut into pieces and roasted
1/2 cup olive oil, divided
1/4 cup red wine vinegar
2 teaspoons honey
2 stalks celery, diced
2 scallions, thinly sliced
1 cup pomegranate seeds
1 grapefruit, peeled and segmented
1 cup micro greens
1/4 cup pecans, toasted
1/4 cup crumbled feta

INSTRUCTIONS

1. Preheat oven to 450.
2. Cook forbidden rice in a large pot of boiling salted water until tender, 35 to 40 minutes. Drain and rinse, shaking off as much water as possible. Spread out on a rimmed baking sheet and let cool.
3. Toss squash with 1/4 cup of olive oil and lay out on a baking sheet; season with salt and pepper. Roast, tossing once, until golden brown and tender, 20-25 minutes; let cool.
4. Whisk vinegar, honey and remaining olive oil in a large bowl.
5. Add rice, roasted squash, scallions, celery, citrus, pomegranate seeds, micro greens; season with salt and pepper and toss to combine.
6. Garnish with pecans and feta.

4-6 servings



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