

# Curried Lentil, Wild Rice and Orzo Salad

Wacana Freewheelers Windup 2009 - Marion Perry

Recipe by Elizabeth Baird and Canadian Living

## Salad Ingredients

1/2 cup wild rice  
2/3 cup green or brown lentils  
1/2 cup orzo pasta (It looks like rice, but it is pasta.)  
1/2 cup currants  
1/4 cup finely chopped red onion  
1/3 cup slivered almonds, toasted

## Dressing:

1/4 cup white wine vinegar  
1 tsp ground cumin  
1 tsp Dijon mustard  
1/2 tsp sugar  
1/2 tsp ground coriander  
1/4 tsp each turmeric, paprika, ground cardamom, nutmeg  
pinch each cinamon, cloves, cayenne  
1/3 cup vegetable oil

In a large pot of boiling salted water, cover and cook wild rice for 10 minutes.

Add lentils, boil for 20-25 minutes, add orzo, boil another 5 minutes, until just tender.

*(I cooked the 2 separately.)*

Drain well and transfer to a large bowl. Add currants and onion.

Dressing: In small bowl, whisk together all ingredients.

Pour over rice and toss gently.

Let cool completely, refrigerate at least 4 hours or up to 2 days. Just before serving sprinkle with almonds