

Plant-Based Vegetable Sides

November 2021



Wild Rice and Roasted Butternut Squash Salad

Yields: about 6 servings

For the Rice and Squash:

1 cup dry wild rice
2 cups butternut squash, cubed
2 teaspoons extra virgin olive oil
salt and pepper, to taste

For the Dressing:

juice of one orange
juice of one lemon
1/3 cup extra virgin olive oil
salt and pepper, to taste
2 tsp maple syrup or honey (optional)

For the Rice and Squash:

Preheat oven to 400 degrees F.

In a medium saucepan, bring 4 cups of salted water to a boil. Add wild rice. Bring back up to a simmer, cover and cook until soften, about 45 minutes-1 hour.

While the rice is cooking, place butternut squash on a sheet pan lined with parchment paper and toss with olive oil, salt and pepper. Roast squash for 20-25 minutes or until browned around the edges.

Once the rice is done cooking, drain any excess water and fluff with a fork.

For the Dressing:

Shake all dressing ingredients together in a jar with a tight lid until smooth. Taste it and add more salt and pepper, as needed.

For the Salad:

Place cooled cooked rice and butternut squash in a bowl with the remaining salad ingredients (salad greens, toasted walnuts, green onions, cranberries and parsley). Toss with salad dressing just before serving.



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Whipped Sweet Potatoes with Pecans

Yields: about 6 servings

3 pounds red garnet sweet potatoes
1/4 cup coconut milk
1 tablespoons melted butter
3 tablespoons maple syrup
3/4 teaspoon sea salt

1/4 teaspoon freshly ground pepper
1/4 teaspoon vanilla extract
1/2 teaspoon ground cinnamon
1/4 teaspoon fresh ground nutmeg
1/2 cup chopped toasted pecans

Preheat oven to 400 degrees F.

Pierce potatoes several times with a fork. Place on foil lined sheet pan. Bake for 1 hour or until tender.

Cool slightly; peel and place in a large bowl along with milk, butter, maple syrup, salt, pepper, vanilla, cinnamon & nutmeg.

Use a hand mixer to whip potatoes and fully incorporate all the ingredients. Place in a serving dish and top with pecans.