



Kamut, Wild Rice, and Cranberry Salad

Kamut is rich and nutty in flavour and is a great source of whole grain carbohydrate. It is also high in protein and is a good source of minerals including selenium, zinc, and magnesium. This salad would be a unique addition to a holiday meal!

Prep: 60 minutes • Total: 70 minutes

Ingredients:

kamut	1 cup	250 mL
wild rice	1 cup	250 mL
dried cranberries	1 cup	250 mL
medium size carrot, chopped	2 each	2 each
small red onion	1 each	1 each
fresh parsley, finely chopped	½ cup	125 mL

Dressing:

orange juice	½ cup	125 mL
olive oil	¼ cup	60 mL
red wine vinegar	¼ cup	60 mL
garlic, minced	2 cloves	2 cloves
Worcestershire sauce	dash	dash
salt	to taste	to taste
pepper	to taste	to taste

Directions:

- Place kamut in a medium saucepan and cover with water. Soak overnight.
- Pour off water and add 1 cup of fresh water.
- Bring to a boil, then cover, reduce heat, and simmer for 50 – 60 minutes or until tender (most of the water should be absorbed).
- Remove from heat and cool.
- Wash wild rice and place in a medium saucepan with 3 cups of water.
- Bring to a boil, then cover, reduce heat, and boil gently for 40 – 50 minutes or until tender. (Do not overcook, which makes the rice mushy).
- Remove from heat, drain off any remaining liquid. Cool.
- In a large bowl, combine kamut, rice, dried cranberries, carrots, onion, and parsley. Set aside.
- In a pint jar, combine all dressing ingredients. Mix well.
- Pour dressing over mixture and stir to combine.
- Cover and refrigerate until ready to serve.

Nutrition Facts

Serving Size (229g)

Servings Per Container

Amount Per Serving

Calories 360 **Calories from Fat** 130

% Daily Value*

Total Fat 15g **23%**

 Saturated Fat 2g **10%**

 Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 105mg **4%**

Total Carbohydrate 56g **19%**

 Dietary Fiber 5g **20%**

 Sugars 25g

Protein 5g

Vitamin A 0% • Vitamin C 50%

Calcium 4% • Iron 10%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

		Calories:	2,000	2,500
Total Fat	Less than	65g	80g	
Saturated Fat	Less than	20g	25g	
Cholesterol	Less than	300mg	300mg	
Sodium	Less than	2,400mg	2,400mg	
Total Carbohydrate		300g	375g	
Dietary Fiber		25g	30g	

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

Hint: save time by preparing the kamut and wild rice a day or two ahead.

Makes 4 servings (229 g / serving) • 1 serving = about ¾ cup

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