Manoomin Berry Salad

Faith, Miisko, Tiahna and Ayyub with Dream of Wild Health embraced Chef Sean Sherman’s lessons in simplicity and authentic Native American cuisine when they designed this beautiful (meh-NO-min) salad. Five ingredients, along with an amazing cranberry maple syrup dressing, illustrate just how delicious simple can be.

Salad

1¼ cups uncooked wild rice, rinsed well
1½ cups chopped strawberries or ground cherries, husks removed, rinsed
1½ cups fresh blueberries
1½ cups peeled and chopped turnip
1 cup chopped cucumber

Dressing

½ cup chopped dried cranberries
1 cup water
1 tablespoon real maple syrup
8 cups mixed salad greens

Topper

Roasted sunflower seeds

Directions

1. Cook rice according to package directions. Rinse with cool water; drain well.
3. To make the dressing, mix dried cranberries and water in a small saucepan. Bring to a boil; gently simmer about 5 minutes or until tender.
4. Blend the cranberry/water mixture and maple syrup in a blender or small food processor until puréed.
5. Stir half of the dressing into the salad mixture and gently toss to coat. Spoon salad onto greens; drizzle with remaining dressing and garnish with sunflower seeds.