

WILD RICE CASSEROLE WITH BUTTERNUT SQUASH AND CRANBERRIES

DEVELOPED IN PARTNERSHIP WITH USA RICE

Serves 4-6

Total Time 1 hour 5 minutes

Ingredients

- 1 cup uncooked California wild rice blend
- 4 tablespoon olive oil
- 1 1/4 pound boneless skinless chicken thighs *
- 1 medium yellow onion
- 4 garlic cloves, finely minced
- 1 medium honey crisp apple
- 1 small butternut squash, 1/2 inch pieces (about 5 cups) *
- 1/2 teaspoon salt (salt more as necessary)
- 1/2 teaspoon black pepper
- 1/2 teaspoon cumin
- 1 tablespoon chopped fresh thyme (save some for garnish)*
- 1/2 cup finely grated parmesan cheese (optional)*
- 3/4 cup dried cranberries (reduced sugar) *

Directions

1. Rinse and drain the California wild rice, then cook as instructed in either a rice cooker or on the stove.
2. Preheat the oven to 350 degrees F.
3. While the rice is cooking, add 2 tbsp olive oil in a large skillet and saute cubed chicken thighs on medium high heat. Season with salt and pepper. Once cooked, remove from the pan and let it rest on the side.
4. Clean the skillet and wipe with a clean towel. Add 2 tbsp in a large skillet and bring to medium high heat. Saute onions and garlic until softened, then add butternut squash and seasoning. Once the squash is tender, add chicken, cranberries, apples, fresh thyme and mix together.
5. Once the rice is cooked, fluff up with a fork or rice paddle. Add the chicken and vegetables to the rice and add 1/4 cup finely grated parmesan cheese. Mix together until cheese has melted.
6. Transfer the California wild rice mixture and even the top out. Bake for 15-20 minutes.

7. Remove from oven, then sprinkle the remainder of grated parmesan cheese and bake for another 5 minutes until the cheese has melted. Garnish with some fresh thyme, then serve.

