



Makes 8 cups
Preparation Time: 30 minutes
Cook Time: 1 hours

INGREDIENTS:

2 medium shallots

3 cups low-sodium vegetable broth

1½ cups dry wild rice, rinsed and drained

1 lb. sweet potatoes, peeled and cut into 1-inch cubes

12 oz. fresh Brussels sprouts, trimmed and halved

¾ teaspoon + ⅛ teaspoon sea salt

¼ teaspoon freshly ground black pepper

1 cup fresh or frozen whole cranberries

¾ cup balsamic vinegar

3 tablespoons pure maple syrup

3 teaspoons Dijon mustard

¼ cup chopped toasted walnuts

1 tablespoon chopped fresh rosemary

Cranberry Wild Rice with Sweet Potato and Brussels Sprouts

Equal parts festive and comforting, this cranberry wild rice and roasted veggie dish is perfect for entertaining or enjoying over the weekend. **Wild rice** cooked in vegetable broth absorbs rich, savory flavor, while a simple cranberry-balsamic reduction, added to the rice just before serving, lends a delightful brightness. The subtle caramelized notes of roasted **sweet potatoes** and Brussels sprouts ground the dish, giving the flavorful rice something to work against. Garnish with walnuts and fresh rosemary for a meal to remember!

Tips

Gluten-free version: To make this gluten-free, choose a Dijon mustard that is certified gluten-free.

For more inspiration, check out these tasty ideas:

- [Crunchy Brussels Sprout Slaw with Figs, Pomegranate, and Quinoa](#)
- [Sweet and Spicy Air-Fried Brussels Sprouts](#)
- [Individual Broccoli and Wild Rice Casseroles](#)
- [One-Pot Squash and Brussels Sprouts Panzanella with Dried Cherries](#)

By Laura Marzen, RD, LD

- 1 Preheat oven to 425°F. Thinly slice one of the shallots; set aside. Chop the remaining shallot. In a 6-quart heavy pot combine chopped shallot, broth, and wild rice. Bring to boiling; reduce heat. Cover and simmer 40 to 45 minutes or until rice is tender and most of the liquid is absorbed. Remove from heat; let stand, covered, 5 minutes.
- 2 Meanwhile, line a large shallow roasting pan with parchment paper. Add sweet potatoes to pan; toss with 2 tablespoons water. Spread evenly. Cover loosely with foil. Roast 20 minutes. Reduce oven temperature to 375°F.
- 3 Add Brussels sprouts and sliced shallot to pan with sweet potatoes. Sprinkle with ¾ teaspoon of the salt, the pepper, and 2 tablespoons water. Toss to coat; spread evenly. Roast, uncovered, 15 to 20 minutes or until vegetables are tender and starting to brown.
- 4 In a medium saucepan combine the next four ingredients (through mustard) and the remaining ⅛ teaspoon salt. Bring to boiling; reduce heat. Simmer, uncovered, 8 to 10 minutes or until cranberries are very tender and most have popped. Cool slightly; transfer mixture to a blender or food processor. Cover and pulse until slightly thickened with some visible chunks, adding 2 to 4 tablespoons water as needed to reach desired consistency. (Or use an immersion blender to partially blend the cranberry sauce right in the saucepan.) Add to wild rice; toss to combine.

- 5 Spoon wild rice mixture into a shallow serving bowl; top with Brussels sprouts mixture. Sprinkle with walnuts and rosemary.