

**Wild Rice & Cranberry Pilaf**      Makes 4 cups

Ingredients:

½ cup brown rice  
½ cup wild rice  
1 ¾ cup chicken broth (low sodium)  
¼ cup orange juice  
2 TB olive oil  
1 1/3 cup diced onion  
2 tsp brown sugar  
1 cup dried cranberries



Procedure:

Combine broth, orange juice, and both types of rice. Cover with foil and bake at 350 degrees until rice is tender (about 1 hour).

Stir together oil and sugar until dissolved.

Combine onions with the oil mix and sauté until onions are browned. When rice is tender and no liquid is left, stir in cranberries and onion mix.