Kale and Wild Rice Salad with Raisins & Walnuts

4 c. water
  salt
1 c. wild rice
¼ c. raisins
¼ c. dried sour cherries
1/3 c. orange juice, divided
1 Tbsp. minced shallot
1.5 tsp. orange zest
3 c. stemmed and coarsely chopped kale
2 tsp. olive oil
½ c. toasted walnuts, chopped
  black pepper

1. Bring water to a boil in a large saucepan. Add 1 tsp. salt and the wild rice. Reduce heat to medium-low, partially cover and simmer until the rice is tender but still chewy, 45-50 min.

2. While rice is cooking, place raisins and dried sour cherries in a bowl and add ¼ cup orange juice and just enough hot tap water to cover, and set aside to soften.

3. When rice is cooked, add the minced shallot and the orange zest, cover the pan and remove it from the heat to stand 5 min. to absorb any remaining water. Remove the lid, drain any leftover water and cool to room temperature.

4. Place the kale in a large mixing bowl, sprinkle with ¼ tsp. salt and drizzle over the olive oil. Massage the kale roughly with your hands, crushing the leaves and turning them over until they are tender and lightly covered with oil.

5. Combine the kale and the wild rice. Drain the dried fruit and add the walnuts. Toss to mix thoroughly and season to taste with a little more salt, if necessary, freshly ground black pepper, and the remaining orange juice.

Makes about 5 cups salad.