



Black rice salad with butternut squash and pomegranate seeds

SERVES 3 AS A MAIN COURSE, OR 4 TO 6 AS A SIDE | 1½ HOURS

Black rice—which has a mellow, sweet taste—comes from several places in the world, including Thailand and Indonesia. If you can't find it, wild, brown, or red rice would also work (cook according to package directions).

2½ cup black rice*
1 lb. butternut squash
½ tsp. sweet smoked Spanish paprika*
¼ tsp. kosher salt
3 tbsp. olive oil, divided
½ cup pecans, coarsely chopped
1½ tbsp. lemon juice
½ tbsp. maple syrup
Pepper to taste
2 tbsp. sliced green onions
½ cup pomegranate seeds

1. Bring a large pot of salted water to a boil over high heat. Add the rice, adjust heat to maintain a lively simmer, and cook until rice is tender, about 30 minutes. Drain and rinse with cool water.

2. Preheat oven to 375°. Peel and seed squash and cut into 1-in. cubes. In a large bowl, toss squash with paprika, salt, and 1 tbsp. oil. Spread on a baking sheet in a single layer and roast, stirring occasionally, until browned and tender, about 40 minutes. Let cool. Spread pecans on another baking sheet and toast until fragrant, stirring once, 6 to 8 minutes.

3. Whisk together remaining 2 tbsp. oil, the lemon juice, maple syrup, and pepper in a serving bowl. Toss with reserved rice, roasted squash, green onions, and most of pecans and pomegranate seeds. Sprinkle with remaining pecans and pomegranate seeds.

*Find black rice and smoked Spanish paprika at Whole Foods Market or other well-stocked grocery stores.

PER 1-CUP SERVING 244 CAL., 53% (128 CAL.) FROM FAT; 3.8 G PROTEIN; 14 G FAT (1.7 G SAT.); 29 G CARBO (4.9 G FIBER); 69 MG SODIUM; 0 MG CHOL. >96