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NEWS RELEASE

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People's Choice Award Up for Grabs in Wild Rice Recipe Contest

Vote for your favorite wild rice recipe to help celebrate National Rice Month!

The Minnesota Cultivated Wild Rice Council is asking for your help in celebrating National Rice Month by voting for your favorite wild rice recipe in the "People's Choice" category of the 14th Annual "Get Wild with Wild Rice" recipe contest. Creative and mouth-watering wild rice recipes were submitted from all over the country in the categories of appetizers, soups, salads, sides, and entrees. Now we need your help in declaring a winner. "Run-offs" were held earlier this summer to determine 14 finalists who are competing for your vote, a cash prize, and the coveted title of "People's Choice Champion!" The delicious recipes are featured on the Council's website where you can also register your vote! Visit mnwildrice.org to vote!

National Rice Month was established in 1991 to increase the awareness of rice and recognize the contribution the rice industry makes to America's economy. Preparing one of our new delicious wild rice finalist recipes is a perfect way to join in this annual celebration.

Often referred to as the "Caviar of Grains™," wild rice has long been a favorite of cooks who use it in soups, salads, appetizers, sides, main dishes, and even desserts. Wild rice, a natural food with no preservatives or additives, is a whole grain containing no sodium, sugar, saturated fat or cholesterol and has more protein and fewer calories than white or brown rice. Wild rice is gluten-free and a great source of dietary fiber, phosphorus, calcium, and iron...all part of a healthy, well-balanced diet.

Celebrate National Rice Month by voting for your favorite recipe in our "Get Wild with Wild Rice" recipe contest by visiting mnwildrice.org and helping one lucky finalist take home the cash prize! Voting begins September 1 and all votes must be cast by September 30th. (*One vote per person.*)

2023 finalists include:

Corn, Ham, & Wild Rice Chowder – Ronna Farley, Rockville, MD
Wild Rice Albondigas Soup – Lori McLain, Denton, TX
Southwest Chicken & Wild Rice Salad – Katie Lisson, Albany, MN
Pickled Wild Rice Green Goddess Salad – Michele Kusma, Columbus, OH
Sweet Asian Chili Wild Rice Bowl – Donna-Marie Ryan, Topsfield MA
Wild Rice Beer Bread with Maple Spread – Laura Kurella, Wellston, MI
Wild Rice Street Corn – Lisa Keys, Kennett Square, PA
Wild Rice Cheddar Apple Biscuits & Gravy – Natalie Yarbrough, Minnetonka, MN
Wild Rice Chicken & Bacon Taco Bowls – Emily Falke, Santa Barbara, CA
Wild Rice Juicy Lucy – Lisa Keys, Kennett Square, PA
Wild Rice Chicken Salad Boats – Donna-Marie Ryan, Topsfield, MA
Wild Rice Lettuce Wraps with Kimchi – Amy Fossett, Severn MD
Beef & Wild Rice Mini Tacos – Ronna Farley, Rockville, MD
Fiesta Wild Rice Stuffed Mushrooms – Emily Falke, Santa Barbara, CA

For past contest winning recipes and the world's largest online collection of wild rice recipes, visit mnwildrice.org/search.php. Pictures available upon request.