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FOOD EDITORS RELEASE

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Contact: Beth C. W. Nelson, President

**ROASTED POBLANO CHICKEN WILD RICE, CHICKEN & WILD RICE QUESADILLAS
EARN TOP HONORS IN WILD RICE CONTEST!
“Get Wild with Wild Rice” Recipe Contest Winners Announced**

In a closely contested race that went down to the wire, two recipes emerged victorious in the annual Minnesota Cultivated Wild Rice Council’s “*Get Wild with Wild Rice Recipe Contest.*”

The 2014 “*Get Wild with Wild Rice*” Recipe Contest is a nationwide event, attracting participation from every corner of the country – including Florida, Oregon, Massachusetts, and California. Imaginative, traditional, and sometimes offbeat wild rice creations were submitted in the categories of: soups, appetizers, salads, entrées, and sides offering a diverse combination of ingredients and uses.

After careful deliberation, recipes were narrowed to 8 finalists which then vied for two awards - the Grand Prize awarded to the recipe chosen by celebrity judges and the People’s Choice Award given to the finalist garnering the most online votes during the month of September – National Rice Month.

Stephanie March, food editor and writer for *Mpls. St. Paul Magazine*’s Eat + Drink section, and her co-host of the food-centric radio show *Weekly Dish*, Stephanie Hansen, had the difficult yet envious task of selecting which recipe would take home the grand prize. After their taste-testing the judges ultimately chose *Roasted Poblano Chicken Wild Rice* as the winner. The People’s Choice winner, as determined by intensive online voting, went to *Chicken & Wild Rice Quesadillas*.

All 2014 recipe finalists are featured on the Council’s recipe library under the “Contest Finalist” category. For these and other wild rice recipes, visit www.mnwildrice.org/search.php to access the world’s largest online wild rice recipe library.

Grand Prize Winner – Roasted Poblano Chicken Wild Rice (Areli Biggers, Hopkinton, MA)

Our grand prize recipe features wild rice with tender chicken breast fillets, roasted poblano peppers, onion, garlic, corn, and shredded Mexican cheese for an exotic blend of flavors. The unique combination of roasted peppers and wild rice give this dish a distinctively smoky flavor unlike anything you’ve tried before.

People’s Choice Winner – Chicken & Wild Rice Quesadillas (Deborah Puette, Lilburn, GA)

Adding some flair to an ethnic favorite, *Chicken & Wild Rice Quesadillas* combines wild rice with chicken breast fillets, corn, spinach, pepper, onion, and cheese for a ‘wild’ twist on an old favorite. *Chicken & Wild Rice Quesadillas* make a perfect appetizer or a hearty main course option.

To receive your free copy of the Council's latest recipe brochure, "*Minnesota Cultivated Wild Rice Recipes and Answers to Often Asked Questions*," featuring contest winning recipes and other wild rice favorites, including soups, appetizers, salads, entrées, and side dishes, send a self-addressed-stamped-envelope to: Minnesota Cultivated Wild Rice Council, Newest Recipes, 4630 Churchill St #1, St. Paul, MN 55126.

ROASTED POBLANO CHICKEN WILD RICE

Areli Biggers, Hopkinton, MA

- ½ cup chopped onion
- 1 tsp minced garlic
- 2 tbsp butter with canola oil
- 1 cup cooked, cubed Gold'n Plump® Extra Tender Boneless Skinless Chicken Breast Fillets
- 1 cup cooked wild rice
- 1 pkg (9 oz) frozen Green Giant® Steamers Niblets® Corn, prepared as directed on pkg
- 2 large deveined, chopped, roasted poblano peppers
- 2 tbsp sour cream
- ¼ cup chicken broth
- ½ cup Sargento® Artisan Blends® Shredded Authentic Mexican Cheese
- salt and pepper to taste

In large skillet, sauté onion and garlic in butter. Stir in remaining ingredients; heat through. 4 servings.

CHICKEN & WILD RICE QUESADILLAS

Deborah Puette, Lilburn, GA

- ¾ tsp ground Mexican seasoning
- ½ lb Gold'n Plump® Extra Tender Boneless Skinless Chicken Breast Tenders, cut in bite-size pieces
- 1 tbsp canola oil
- 1 pkg (12 oz) frozen Green Giant® Steamers Niblets® Corn, prepared as directed on pkg
- 1 pkg (9 oz) frozen Green Giant® Steamers Chopped Spinach, prepared as directed on pkg, squeezed to remove moisture
- ½ cup diced red pepper
- ½ cup diced red onion
- 1 tsp minced garlic
- 1 cup cooked wild rice
- 8 6" flour tortillas
- 1 cup Sargento® Fine Cut Shredded 4 Cheese Mexican
- ½ cup sour cream
- ½ cup salsa

In large skillet, season chicken with Mexican seasoning; cook in oil. Add corn, spinach, red pepper, onion, garlic, and wild rice; heat through. Divide mixture on 4 tortillas, sprinkle with cheese; top with remaining tortillas. In another large skillet, cook each quesadilla 3-4 minutes on each side. Top with sour cream and salsa. 4 servings.

Recipes Earn Top Honors in Wild Rice Contest! (10/14-Page 2)

Notes to Editor:

For an electronic copy of the photos, call or email our office.

Due to limited funds, we are unable to utilize a clipping service. Run our release and send us a copy — we'll return the favor by sending you a 1/2 pound of cultivated wild rice. If you cannot accept the wild rice, we'd still appreciate a clipping to show our growers — **thanks!**

Readers responding to the brochure offer receive a "Mail Order Supplier" list along with the *Minnesota Cultivated Wild Rice Recipes and Answers to Often Asked Questions* brochure. Due to limited funding, readers need to send a business size self-addressed-stamped-envelope to:

Minnesota Cultivated Wild Rice Council

Newest Recipes
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Roasted Poblano Chicken Wild Rice

Credit: Minnesota Cultivated Wild Rice Council



Chicken & Wild Rice Quesadillas

Credit: Minnesota Cultivated Wild Rice Council

