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NEWS RELEASE

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WILD RICE FINALISTS VIE FOR PEOPLE'S CHOICE AWARD!

Celebrate National Rice Month by Voting for Your Favorite "Get Wild with Wild Rice" Recipe!

In celebration of National Rice Month, the Minnesota Cultivated Wild Rice Council needs your help in determining the winner of its 8th Annual "Get Wild with Wild Rice" recipe contest. Over 100 wild rice recipe entries have been whittled down to nine finalists which will now vie for the coveted "People's Choice Award" cash prize. The recipe finalists include soups, salads, skillet, and desserts and are featured on the Council's website (mnwildrice.org).

Initiated in 1991, National Rice Month was established to help increase awareness of rice and recognize the contribution the rice industry makes to America's economy. National Rice Month celebrations will take place across America this September in grocery stores, restaurants, schools, and rice-growing communities.

Often referred to as the "Caviar of Grains™," wild rice has long been a favorite of cooks who use it in soups, salads, 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 is a better source of protein 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.

So take a moment this September to vote for your favorite wild rice recipe in the Council's "Get Wild with Wild Rice" recipe contest by visiting mnwildrice.org and helping one lucky winner take home the cash prize! All votes must be cast no later than September 30th. (One vote per person, IP addresses will be used to validate results.)

2017 finalists include:

Wild Rice & Salsa Verde Chicken Soup – Sharyn LaPointe Hill, Las Cruces, NM

Wild Rice Chicken Cheesesteak Soup – Shannon Kohn, Simpsonville, SC

Midwestern Minestrone Salad – Roxanne Chan, Albany, CA

Berry Best Pork & Wild Rice Salad – Shannon Kohn, Simpsonville, SC

1,2,3 Easy Wild Rice Summer Salad – Areli Biggers, El Paso, TX

Wild Risotto with Chicken Meatballs – Natalie Yarbrough, Minnetonka, MN

Wild Rice Veggie Burger – Areli Biggers, El Paso, TX

Zesty Zaatar Pork Chop Skillet – Roxanne Chan, Albany, CA

Where the Wild Things Are Dessert – Pam Correll, Brockport, PA

For past contest winners' recipes and the world's largest online collection of wild rice recipes, visit mnwildrice.org/search.php.