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FOOD EDITORS RELEASE

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SIMPLY SENSATIONAL SUMMER SALADS

Wild Rice Salads... the Perfect Summer Treat!

As spring slowly gives way to summer, thoughts turn to picnics, golf, the lake and the great outdoors. It's also the time of year when food preparation takes a conspicuous turn towards freshness and simplicity. On a hot summer day, few people want to spend hours indoors in front of a hot stove preparing arduous recipes. Healthy summer salads offer a quick and easy alternative - particularly, those that feature the unique and nutty flavor of wild rice.

Wild rice serves as both a convenient and versatile salad ingredient adding flair and flavor to your favorite summer salads. Try these three *Simply Sensational Summer Salads*, featuring delicious grilled meats, fresh fruits and vegetables, and of course, wild rice, as easy options to kick-start the season and enjoy the fresh tastes of summer.

Wild Raspberry Summer Salad

Featuring a light, flavorful dressing which combines the distinct citrus flavor of lemon with canola oil, honey-mustard and poppy seeds, *Wild Raspberry Summer Salad* serves as a great addition to those backyard get-togethers with friends. This summertime favorite highlights crunchy wild rice, fresh raspberries, baby sweet peas, peppers and grilled chicken in an unforgettably delicious combination of flavors sure to please even the most finicky palate.

Sesame Citrus Wild Rice Salad

Infused with citrus and the distinctive flavor of sesame, this salad is a mouth-watering combination of flavorful mandarin oranges, green onion, celery, peas, wild rice and toasted almonds which make it a convenient dish best featured as an attractive side. Tossed in a blend of red wine vinegar, soy sauce and vegetable and sesame oils, *Sesame Citrus Wild Rice Salad* is a light and tasty addition to any summer menu.

Grape 'N Chicken Wild Rice Salad

If you're looking for summer flavor in a bowl, look no further than one of the all-time favorite wild rice recipes - *Grape 'N Chicken Wild Rice Salad*. This creation combines the juicy goodness of plump, green grapes with tender, succulent, grilled chicken, smoky wild rice, green onion and cashews, for an explosion of freshness and flavor. If you could take a bite out of summer, this is what it would taste like. (Note: When served at large gatherings, be sure to print enough copies of this recipe to save time when all guests inevitably demand a copy.)

Healthy, nutritious and delicious – no wonder wild rice, known as the “Caviar of Grains™,” is the grain of choice for those who love versatility, freshness and flavor.



Tradition! Wild rice is rich with tradition. It has grown naturally in the clean, clear waters of the North for centuries and as an agricultural crop for over 40 years. Wild rice really isn't rice at all. It's the seed of *Zizania palustris*, a tall blooming water grass that prospers in the lush vegetation of the Great Lakes region. For many years, wild rice was an important staple food of Native American tribes. It was called “manoomin” or precious grain. Today, most wild rice is cultivated, yet it remains a natural product.



Simple & Convenient! One great advantage of wild rice is that it can be cooked ahead of time, refrigerated or frozen, and added at the last moment to almost any dish. To prepare this convenient product, simply add one cup of uncooked, cultivated wild rice to 3-4 cups of boiling water. Cover, reduce heat and simmer 30-45 minutes or until grains just start to open. Drain and store in re-sealable freezer bags. Cooked wild rice can be refrigerated up to one week or frozen up to six months.



Gourmet Flair! Wild rice adds flair to entrées, soups and salads, lending its nutty texture and unique flavor to each dish it touches. Keep cooked wild rice on hand to add gourmet flair to your meals. Impress your family and friends by livening up some of your familiar favorites with style and panache:

Pilaf: Stir in wild rice, dried cherries and toasted almonds to cooked white or basmati rice for a quick but elegant accompaniment to your grilled meats.

Pancakes: Add texture and taste to your Sunday morning brunch by swirling wild rice into your pancake batter. Serve with real maple syrup.

Omelets: Sauté fresh mushrooms in flavored oil. Add cooked wild rice and shredded Swiss or Gruyere cheese for a tasty filling.

Italian Rice Salad: Combine chopped tomatoes, red onion, olives and capers with a splash of Italian salad dressing with wild rice for a lovely, no-fuss accompaniment to grilled tuna, salmon or trout.



Nutritious! Did you know wild rice has only 83 calories per ½ cup serving? It is a good source of fiber, protein, B-vitamins and potassium. This nutritional grain is free of sodium, preservatives and additives, making it the grain of choice for anyone who loves fresh ingredients, healthy dishes and versatility.

These easy-to-prepare summer salads will add flavor and flair to your meals and leave your family and friends begging for more.

Act now to receive your free copy of our latest recipe brochure which includes many more brand new wild rice recipes. The Minnesota Cultivated Wild Rice Council has included soups, appetizers, salads, entrees and side dishes in their latest edition of “Minnesota Cultivated Wild Rice Recipes and Answers to Often Asked Questions.” To receive your free recipe brochure, send a self-addressed-stamped-envelope to:



Minnesota Cultivated Wild Rice Council
Newest Recipes
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WILD RASPBERRY SUMMER SALAD

- 1 pkg (16 oz) Gold'n Plump® Extra Tender™ Boneless Skinless Chicken Breast, grilled, cubed
- 2 cups cooked wild rice
- 1 pkg (9 oz) Green Giant® Simply Steam® Baby Sweet Peas, prepared as directed, drained and chilled
- 1 large yellow pepper, cut in thin strips
- ½ cup sliced green onion
- ½ cup fresh raspberries

Dressing (whisk together; chill):

- ¼ cup sugar
- 5 tbsp lemon juice
- 1 tsp minced onion
- ½ tsp honey mustard
- ¼ tsp salt
- ⅓ cup canola oil
- 1½ tsp poppy seeds

In large bowl, toss salad ingredients, except raspberries. Add dressing; toss. Top with raspberries. 6-8 servings.

SESAME CITRUS WILD RICE SALAD

- 3 cups cooked wild rice
- 2 cups beef broth
- 1 pkg (12 oz) frozen green peas, thawed
- 1 can (11 oz) mandarin oranges, drained
- 6 green onions, sliced
- 2 celery stalks, thinly sliced
- ⅔ cup toasted slivered almonds (optional)

Dressing (whisk together):

- 2 tbsp red wine vinegar
- 1 tbsp soy sauce
- 3 tbsp sugar
- ¼ cup vegetable oil
- 2 tsp sesame oil

In large bowl, toss salad ingredients. Add dressing; toss. 4-6 servings.

GRAPE 'N CHICKEN WILD RICE SALAD

- 4 cups cooked wild rice
- 1 pkg (16 oz) Gold'n Plump® Extra Tender™ Boneless Skinless Chicken Breast, grilled, cubed
- ½ cup thinly sliced green onion
- 1 can (8 oz) sliced water chestnuts, drained
- 1½ cups halved seedless green grapes
- ⅔ cup cashews

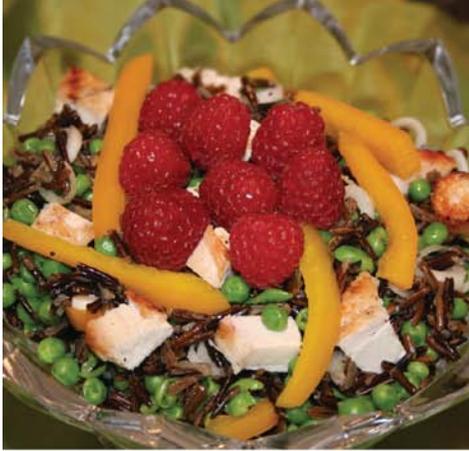
Dressing (whisk together; chill):

- ½ cup mayonnaise
- 1 tsp lemon juice
- ¼ cup milk
- ¼ tsp tarragon

In large bowl, toss salad ingredients, except grapes and cashews. Add dressing; toss. Just before serving, fold in grapes and cashews. 8 servings.

Wild Raspberry Summer Salad

Credit: Minnesota Cultivated Wild Rice Council



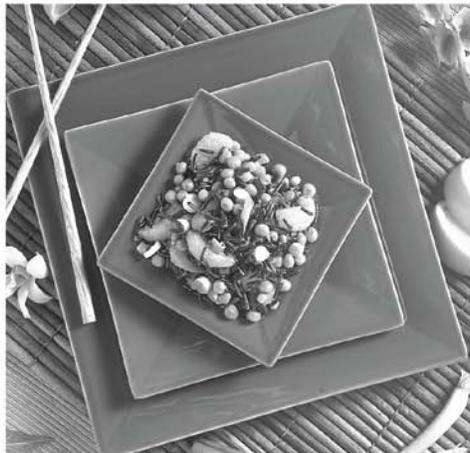
Sesame Citrus Wild Rice Salad

Credit: Minnesota Cultivated Wild Rice Council



Grape 'N Chicken Wild Rice Salad

Credit: Minnesota Cultivated Wild Rice Council



Notes to Editor:

For an electronic copy of the photos please 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 ?'s* brochure. Due to limited funding, it is necessary for readers to send a business size S-A-S-E (we are unable to fill phone or email requests).

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