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NEWS RELEASE

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THIS YEAR, VOTE FOR A CANDIDATE YOU LIKE!

Make your vote count in the “*Get Wild with Wild Rice*” Recipe Contest Election!

In a year when it seems some people aren't enamored with the candidates up for election, we've got just the contest for you. In our election, each candidate is not only likeable, but downright appealing. All of these candidates offer promises of great taste and pledge to please your taste buds under any circumstances. We're talking about voting for your favorite “*Get Wild with Wild Rice*” recipe finalist.

In celebration of National Rice Month, created in 1991 to celebrate the harvest and recognize the contributions the U.S. rice industry makes to America's economy, eight finalists in the Minnesota Cultivated Wild Rice Council's “*Get Wild with Wild Rice*” recipe contest are featured on its website (www.mnwildrice.org). These recipes, created by aspiring chefs from Florida to California, are vying for the Council's coveted “People's Choice Award.”

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 to vote for the candidate you like the best in the 7th Annual “*Get Wild with Wild Rice*” Recipe Contest by visiting www.mnwildrice.org and helping one lucky winner bring 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.*)

2016 finalists include:

Italian Wild Rice Quesadillas – Jeanne Holt, Mendota Heights, MN
Summer Grilled Steak, Wild Rice, & Veggie Bowl – Terri Crandall, Gardnerville, NV
Sorrento Wild Rice & Chicken Salad – Mary Shivers, Ada, OK
Greek Chicken & Wild Rice Tabbouleh – Mary Leverette, Columbia, SC
Tuscan Beefeater's Wild Rice Salad – Gilda Lester, Millsboro, DE
Wild Creole Gumbo Skillet – Rachel Ruiz, Fort Walton Beach, FL
Wild Rice Risotto Bolognese – Roxanne Chan, Albany, CA
Green Garden Wild Rice Frittata – Mary Kay LaBrie, Clermont, FL

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