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FOOD EDITORS RELEASE

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THE SECRET TO “WILDLY” DELICIOUS THANKSGIVING STUFFING

Wild Rice Holds the Key to a Superb Holiday Favorite!

For many, Thanksgiving is the most popular holiday of the year. Whether it's all-day football, enjoying time with family and friends, or the anticipation of Black Friday shopping, Thanksgiving has something for just about everyone. But since Thanksgiving tends to be a food-centered holiday, if there is one image more than any other that captures the spirit of the event, it's got to be that magnificent Thanksgiving dinner - specifically the glistening, golden brown turkey and the tender stuffing.

And while there are millions of variations on it, few would argue that the true star of the Thanksgiving dinner is the stuffing. Whether you prefer yours with sausage, carrots, nuts, bacon, or extra sage, the secret ingredient that makes it truly spectacular is wild rice. The distinctive, nutty flavor of wild rice is the perfect addition to a traditional-style stuffing, as well as to less traditional but more contemporary fruited and walnut-based dressings. Whatever your preference, you can be sure that wild rice will add that perfect touch of elegance to make your Thanksgiving dinner a memorable one.

Try any one of these three easy-to-prepare wild rice stuffing recipes or search the world's largest wild rice recipe library for other “wild” options to add style and panache to your holiday table this season (www.mnwildrice.org/search.php).

Wild Rice Stuffing

The perfect opportunity to incorporate the smoky, nutty flavor of wild rice into your holiday dinner is with traditional *Wild Rice Stuffing* which combines bacon, onion, sage, mushrooms, and wild rice in an extraordinary blend of flavors to create the perfect accompaniment to your holiday turkey.

Fruited Wild Rice Stuffing

For those with more adventurous palates, *Fruited Wild Rice Stuffing* provides a bold alternative to the more traditional stuffing options. This recipe blends wild rice with apples, raisins, orange juice, and walnuts for a deliciously sweet stuffing option sure to please your family and friends.

Wild Rice Walnut Dressing

For a new twist on an old favorite, try our rustic *Wild Rice Walnut Dressing*. This unique and tasty dressing option combines wild rice with onion, celery, garlic, sage, and chopped walnuts for a lighter, flavorful complement to your Thanksgiving staples.

WILD RICE STUFFING

- 4 slices bacon, cut in 1" pieces
- 1 medium onion, chopped
- ½ lb mushrooms, sliced
- 3 ribs celery, chopped
- 3 cups cooked wild rice
- 1 tsp crushed leaf oregano
- ½ tsp crushed leaf sage
- 2 cups bread crumbs
- salt and pepper to taste
- ¼-½ cup chicken broth, optional

Preheat oven to 350°F. In large skillet, saute bacon, onion, mushrooms, and celery; cook until bacon is crisp. Stir in wild rice, oregano, sage, and bread crumbs; adjust seasonings. Place in greased 2-qt. casserole, cover and bake 30-40 minutes. Add ¼-½ cup chicken broth, if needed, for moisture.

Sausage Stuffing: Add ½ lb crumbled, cooked, and drained sausage. 6-8 servings.

FRUITED WILD RICE STUFFING

- 3 cups cooked wild rice
- 1 cup bread crumbs
- ½ cup raisins
- ½ cup chopped walnuts, optional
- ½ cup fresh apple chunks
- ¼ cup extra light margarine, melted
- ¼ cup orange juice

Combine all ingredients. Use as stuffing for game birds, turkey, capon, or chicken, or turn into buttered 2-quart casserole and bake at 325°F for 1½ hours, covered. 8 servings.

WILD RICE WALNUT DRESSING

- ½ cup chopped onion
- ½ cup chopped celery
- 1 clove garlic, minced
- 1½ tbsp butter or margarine
- 3 cups cooked wild rice
- ½ cup chopped walnuts
- ½ tsp rubbed sage
- ¼ tsp seasoned salt
- ⅛ tsp ground black pepper
- ½ cup chicken broth

In small skillet, cook onion, celery, and garlic in butter until tender. Combine with remaining ingredients. Place in buttered baking dish. Cover and bake at 350°F for 20 minutes. Uncover and continue baking 5 minutes. 6 servings.

Notes to Editor:

For an electronic copy of the photos call or email our office. If emailing, please specify your preferred photo format.

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 ½ pound of wild rice. If you cannot accept the wild rice, we'd still appreciate a clipping to show our growers — **thanks!**

Wild Rice Stuffing

Credit: Minnesota Cultivated Wild Rice Council



Fruited Wild Rice Stuffing

Credit: Minnesota Cultivated Wild Rice Council

