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FOOD EDITORS RELEASE

November 2023

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USE WILD RICE TO TURN YOUR LEFTOVER TURKEY INTO A SCRUMPTIOUS NEW MEAL

Four Great Ways to Use Wild Rice to Add Flair to Your Turkey Leftovers

No other holiday is more closely associated with a specific meal than Thanksgiving – a radiant, golden-brown turkey, piping hot mashed potatoes and gravy, cranberries, and a delicious pumpkin pie topped with a dollop of whipped cream – mouth-watering to be sure. And while we all look forward to this holiday classic, many of us are just as excited about the following week’s-worth of Thanksgiving leftovers – everything from soups, to sandwiches, to casseroles that are enjoyed almost as much as the Thanksgiving meal itself.

Wild rice is an “all-purpose” ingredient, versatile enough to be used in virtually any type of recipe. Its great taste and distinctive flavor is a great way to add flair and elegance to your holiday leftovers. Try incorporating the unique flavor of wild rice into your Thanksgiving leftovers by trying some of these easy-to-prepare recipes:

Classic Creamy Wild Rice Soup

The ideal way to use turkey leftovers is in one of America’s favorite soups – *Classic Creamy Wild Rice Soup*. Hearty, simple, and extremely flavorful, this comforting soup blends the great flavor of wild rice with turkey, onion, sherry, and almonds. It also freezes well to allow you to enjoy it long after your holidays are over.

Turkey & Wild Rice Quesadillas

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

Roasted Poblano Turkey Wild Rice

Roasted Poblano Turkey Wild Rice features wild rice with tender turkey breast, 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.

Turkey Thai Wild Rice with Peanut Sauce

This super-easy casserole offers healthy monounsaturated fat from the peanut butter, whole grains from the wild rice, and lots of veggies. Turn your turkey into a prize-winning family dinner – they won’t even realize they’re eating leftovers.

For even more great recipe ideas to turn your holiday turkey leftovers into an unforgettable meal, search the world’s largest wild rice recipe library at www.mnwildrice.org/search.php. Enter the keyword “turkey” and search to see all the delicious ways to prepare new and creative turkey-wild rice combinations.

CLASSIC CREAMY WILD RICE SOUP

- ½ cup finely chopped onion
- 6 tbsp butter
- ½ cup flour
- 4 cups chicken broth
- 2 cups cooked wild rice
- ½ cup shredded carrots
- 1 cup cooked, cubed turkey breast
- 3 tbsp slivered almonds
- ½ tsp salt
- 1 cup half and half
- 2 tbsp dry sherry

In large saucepan, sauté onion in butter. Add flour, stirring until bubbly; gradually stir in broth. Stir in wild rice, carrots, turkey, almonds, and salt; simmer 5 minutes. Stir in half and half and sherry; heat through. 6 servings.

TURKEY & WILD RICE QUESADILLAS

- ¾ tsp ground Mexican seasoning
- ½ lb cooked turkey breast, cut in bite-size pieces
- 1 tbsp canola oil
- 1 pkg (12 oz) frozen corn, prepared as directed on pkg
- 1 pkg (9 oz) frozen 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 shredded Mexican cheese
- ½ cup sour cream
- ½ cup salsa

In large skillet, season turkey 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.

ROASTED POBLANO TURKEY WILD RICE

- ½ cup chopped onion
- 1 tsp minced garlic
- 2 tbsp butter with canola oil
- 1 cup cooked, cubed turkey breast
- 1 cup cooked wild rice
- 1 pkg (9 oz) frozen corn, prepared as directed on pkg
- 2 large deveined, chopped, roasted poblano peppers
- 2 tbsp sour cream
- ¼ cup chicken broth
- ½ cup shredded Mexican cheese
- salt and pepper to taste

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

TURKEY THAI WILD RICE WITH PEANUT SAUCE

- 1 cup each: shredded carrots and zucchini
- 1 red bell pepper, sliced
- 1 tbsp canola oil
- 2½ cups cooked, cubed or shredded turkey breast
- 4 cups cooked wild rice
- ¼ cup thinly sliced green onion

Peanut Sauce (whisk together; set aside):

- ½ cup crunchy peanut butter
- 4 tbsp brown sugar
- ½ cup soy sauce
- 2 tbsp each: lime juice and sesame oil
- 1 tsp minced garlic

In large skillet, sauté carrots, zucchini, and red pepper in oil until tender. Add turkey, wild rice, and sauce; heat through. Top with green onion. 4-6 servings.

Notes to Editor:

For high resolution photos of these recipes, 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!**

Classic Creamy Wild Rice Soup



Turkey & Wild Rice Quesadillas



Roasted Poblano Turkey Wild Rice



Turkey Thai Wild Rice with Peanut Sauce

