

Tropical Stuffed Pork Tenderloin

- ½ cup Sargento® Artisan Blends® Shredded Parmesan Cheese
- ½ cup chopped dried mango
- ½ cup flaked coconut
- ½ cup cooked wild rice
- ½ cup Famous Dave's® BBQ Sauce, Sweet & Zesty™, divided
- 3 lbs boneless center cut pork loin roast
- fresh lime wedges

Preheat oven to 350°F. In large bowl, combine cheese, mango, coconut, wild rice, and ¼ cup BBQ sauce; set aside. Slice pork roast length-wise down the middle; do not cut through. Stuff pork roast with wild rice mixture; place in 9x13" pan. Brush with remaining BBQ sauce; bake 1 hour or until thermometer inserted in the thickest portion of meat registers 155°-160°. Let rest 5 minutes before slicing. Squeeze fresh lime over pork roast before serving. 6-8 servings.

Orange Beef

Deborah Puette, Lilburn, GA

- 1½ lbs sirloin steak, cut in bite-size pieces
- zest and juice of a medium orange, reserve juice
- 1 tbsp sesame oil
- 4 green onions, thinly sliced
- 2 cloves garlic, minced
- 1 tbsp minced ginger
- ½ cup tamari
- 2 tbsp cornstarch
- 1 pkg (9 oz) frozen Green Giant® Simply Steam® Broccoli Cuts, prepared as directed on pkg, drained
- 1 can (8 oz) sliced water chestnuts, drained
- 3 cups cooked wild rice

In large skillet, saute sirloin and orange zest in oil. Stir in onions, garlic, and ginger; cook 2 minutes. In small bowl, mix tamari and cornstarch; stir into skillet mixture slowly. Stir in orange juice and remaining ingredients; heat through. 6 servings.

Wild Rice Beef & Spinach Skillet

- 1½ lbs lean ground beef
- 1 cup chopped onion
- 1 jar (6 oz) sliced mushrooms, drained
- 1 cup chopped red pepper
- 1 tsp tarragon
- ½ tsp salt
- ½ tsp pepper
- 1 pkg (10 oz) frozen Green Giant® Creamed Spinach, prepared as directed on pkg
- ¾ cup sour cream
- 4 cups cooked wild rice
- 2 cups Sargento® ChefStyle Shredded Sharp Cheddar Cheese, divided

In large skillet, brown beef with onion, mushrooms, and peppers. Stir in tarragon, salt, and pepper. Stir in spinach, sour cream, and wild rice; heat through. Stir in 1½ cups cheese until melted. Top with remaining cheese. 8 servings.

Garden Patch Casserole

Denise Salisbury, Minnetonka, MN

- 2 pkgs (16 oz each) Gold'n Plump® Recipe Ready™ Ground Chicken
- 2 pkgs (9 oz each) frozen Green Giant® Simply Steam® Broccoli Cuts, prepared as directed on pkg, drained
- 2 pkgs (9 oz each) frozen Green Giant® Simply Steam® Asparagus Cuts, prepared as directed on pkg, drained
- 2 large carrots, peeled, diced
- ½ cup chopped green pepper
- 4 cups cooked wild rice

Sauce (whisk together):

- 1 pkg (8 oz) soft cream cheese (chive & onion flavor)
- 1 can (10.5 oz) cream of mushroom soup
- ¾ cup milk
- 1 pkg (5 oz) Sargento® Artisan Blends® Shredded Swiss Cheese
- 1 tsp salt
- 1½ tsp pepper

Topping (optional; if baking):

- 1 cup croutons, crushed
- 1 cup Sargento® ChefStyle Shredded Sharp Cheddar Cheese

In large skillet, brown chicken. Stir in vegetables and wild rice. Stir in sauce; heat through. 12 servings. *Note: If desired, place mixture in a 3-quart casserole; add topping. Bake at 350°F for 35 minutes.*

"Get Wild with Wild Rice" Recipe Contest

Six recipe contest finalists are featured in this brochure (green font).

Visit our website (www.mnwildrice.org) in September to vote for your favorite recipe and search our wild rice recipe library!

Join the 2012 contest ... send your contact information to wr@mnwildrice.org or visit MN Cultivated Wild Rice Council on Facebook or Twitter.

September is National Rice Month!

Nutrients Based on ½ cup serving (cooked)	Wild Rice	Enriched White Rice (long grain)	Brown Rice (long grain)
Calories	83	97	108
Protein, g	3.27	2.30	2.52
Fat, g	0.28	0.29	0.88
Dietary Fiber, g	1.50	0.70	1.80
Total Carbohydrate, g	17.50	20.58	22.39
Minerals			
Phosphorus, mg	67.00	43.00	81.00
Iron, mg	0.49	1.43	0.41
Potassium, mg	83.00	44.00	42.00
Zinc, mg	1.10	0.29	0.61
Vitamins			
Riboflavin, mg	0.07	0.01	0.02
Niacin, mg	1.05	1.82	1.49
Vitamin E, mg	0.20	0.01	0.03

Note: Data taken from USDA Nutrient Database for Standard Reference, Release 23 (2010).

Answers to Often Asked Questions About...

WildRice

Does wild rice volume increase when cooked?

1 cup uncooked wild rice = 3-4 cups cooked wild rice... that's 6-8 servings from just one cup uncooked wild rice!

Is wild rice expensive?

At \$6.00 per pound, it's only about 28¢ per serving!

How long can I keep wild rice?

Uncooked wild rice keeps up to 10 years in an airtight container. Cooked wild rice (plain) keeps 1 week when refrigerated. Drain well; store in airtight container.

How do I prepare wild rice?

Wild rice is easy to prepare! Add 1 cup uncooked cultivated wild rice to 3-4 cups boiling water. Return to boil; stir. Cover and simmer 30-45 minutes or until kernels just start to open. Drain any excess liquid. After cooking with wild rice you will define your preferred cook time and water content – texture of wild rice is a personal preference. For a chewier texture, cook for less time. For a tender, fluffier texture, cook longer.

Can I freeze wild rice?

ABSOLUTELY – cooking and freezing ahead of time turns wild rice in to a convenience food! Cooked wild rice (plain) will keep about 6 months in your freezer. Drain well; store in airtight containers. To use, thaw in refrigerator overnight, or microwave on "defrost" setting a few minutes.

Can I use wild rice in sweetened recipes?

Wild rice has a tendency to revert back to hard kernels when combined with sweeteners. Well-cooked and chopped wild rice helps prevent this. Sweetened recipes are best when served within 24 hours.

Is wild rice nutritious?

Yes, wild rice is nutritious! It's a high-fiber complex carbohydrate, high in quality protein and low in fat, with only 83 calories per half-cup serving.

Is there a difference in cooking characteristics or nutritional value of wild rice grown in paddies compared to that grown in lakes and rivers?

When identically processed there are no differences. Various harvesting and processing methods cause a greater variation in the kernel than the source of production.

Facts!

1. Wild rice is the only cereal grain native to North America.
2. Wild rice is Minnesota's official state grain.
3. Minnesota is proud to be one of the world's largest producers of cultivated wild rice, producing 5-10 million pounds annually.
4. Cultivated wild rice paddies provide a great habitat for waterfowl and other wildlife.
5. New study results...wild rice is gluten-free!

MINNESOTA CULTIVATED WildRice COUNCIL

Recipes and Answers to Often Asked Questions

2011 - 2012 Edition

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Soups

Classic Creamy Wild Rice Chicken Soup

- ½ cup finely chopped onion
- 6 tbsp butter
- ½ cup flour
- 1 pkg (32 oz) chicken broth
- 2 cups cooked wild rice
- ½ cup grated carrots
- 2 cups cooked, cubed Gold'n Plump® All Natural™ Boneless Skinless Split Chicken Breasts
- 3 tbsp slivered almonds
- ½ tsp salt
- 1 cup half and half
- 2 tbsp dry sherry
- 1 jar (6 oz) sliced mushrooms, drained (optional)

In large saucepan, saute onion in butter. Add flour, stirring until bubbly; gradually stir in broth. Stir in wild rice, carrots, chicken, almonds, and salt; simmer 5 minutes. Stir in half and half, sherry, and mushrooms; heat through. 6-8 servings.

Wild Rice & Squash Chowder

- 1½ lbs butternut squash, peeled, seeded, cut in bite-size pieces
- 1 medium onion, chopped
- 2 tbsp canola oil
- 2 tbsp curry powder
- 1 pkg (32 oz) vegetable broth
- 1 box (10 oz) frozen Green Giant® Niblets® Corn & Butter Sauce, prepared as directed on pkg
- ½ cup finely diced red pepper
- 2 cups cooked wild rice
- ½ cup heavy cream
- ¼ cup finely chopped cilantro
- salt and pepper to taste

In large saucepan, saute squash and onion in oil. Stir in curry powder; cook 2 minutes. Stir in broth; simmer until squash is tender, approximately 25 minutes. Remove from heat. Transfer to blender; blend until smooth. Return to saucepan, stir in remaining ingredients. Heat through; do not boil. 6-8 servings.

BBQ Pork & Vegetable Soup

- 1 medium onion, chopped
- 1 lb pork tenderloin, cut in bite-size pieces
- 2 tbsp canola oil
- ½ cup Famous Dave's® BBQ Sauce, Texas Pit™
- 1 bag (19 oz) frozen Green Giant® Garden Vegetable Medley, prepared as directed on pkg
- 2 cups cooked wild rice
- 6 cups chicken broth
- ¼ cup finely chopped cilantro

In large saucepan, saute onion and pork in oil. Stir in BBQ sauce to coat; add remaining ingredients. Bring to a boil; reduce heat, simmer 5-10 minutes. 6-8 servings.

Wild Rice Dumpling Soup

- 1 lb lean ground beef
- 1 can (28 oz) diced tomatoes
- 6 cups beef broth
- 1 box (7 oz) frozen Green Giant® Antioxidant Blend: Olive Oil Seasoning, prepared as directed on pkg
- 1½ cups cooked wild rice
- salt and pepper to taste
- 1 pkg (7 oz) Sargento® Bistro® Blends Shredded Mozzarella & Asiago Cheese with Roasted Garlic, divided

Dumplings:

- ½ cup cooked wild rice
- 1 cup flour
- 2 tsp baking powder
- 1 tbsp finely chopped cilantro or parsley
- 1 egg
- ½ cup milk

In large saucepan, brown beef. Stir in remaining soup ingredients; bring to a boil. Reduce heat; simmer. In small bowl, combine wild rice, flour, baking powder, and cilantro. In small bowl, mix egg and milk; combine with dry ingredients. Drop dumplings, one rounded tbsp each, in simmering soup. Cover; cook 3 minutes. Uncover; turn dumplings using fork. Cook 3 minutes. Spoon into serving bowls; top with cheese. 6-8 servings.

Add wild rice to your favorite canned soup to create a unique and tasty combination!

Salads

BBQ Pork Salad with Wild Rice Salsa

- 1½ lbs pork tenderloin, (plain or sun dried tomato), cut in bite-size pieces
- 1 tbsp canola oil
- 1 pkg (5 oz) mixed spring greens

Salsa (mix together):

- 1 box (9 oz) frozen Green Giant® Simply Steam® Niblets® Corn, prepared as directed on pkg, drained
- 1 tsp seeded, finely diced jalapeno pepper
- ½ cup diced red pepper
- 2 tbsp finely chopped cilantro
- 2 tbsp fresh lime juice
- ¼ cup diced red onion
- 1½ cups cooked wild rice
- ½ cup chopped fresh mango or peach

Dressing (whisk together):

- ⅓ cup Famous Dave's® BBQ Sauce, Texas Pit™
- 2 tbsp canola oil
- 3 tbsp fresh lime juice

In medium skillet, saute pork in oil. On large platter, spread greens. Place pork over greens; spoon salsa on top. Drizzle with dressing. 6 servings.

Pork & Wild Rice Chutney Salad

Roxanne Chan, Albany, CA

- 1 lb pork tenderloin, cut in bite-size pieces
- 1 tbsp canola oil
- 3 cups cooked wild rice
- 1 cup chopped tomato
- 1 orange, peeled, chopped
- 1 banana, peeled, sliced
- 1 pkg (7.5 oz) frozen Green Giant® Simply Steam® Green Beans & Almonds, prepared as directed on pkg, drained, reserve almonds
- ¼ cup chopped green onion
- ¼ cup snipped mint
- ¼ cup minced crystallized ginger
- ¼ cup pumpkin seeds
- ⅓ cup mango chutney
- 2 tbsp olive oil
- 1 tbsp lime juice

In medium skillet, saute pork in oil. In large bowl, lightly toss all ingredients. 6 servings.

Saucy Southwestern Salad

Anne Lauer, Hugo, MN

- 2 cups cooked wild rice
- 1 cup cooked quinoa, prepared as directed on pkg
- 1 pkg (14 oz) Gold'n Plump® Extra Tender™ Chicken Breast Tenders, grilled, cut in bite-size pieces
- 8 green onions, thinly sliced
- 1 red pepper, chopped
- ¼ cup chopped fresh cilantro
- 1 pkg (12 oz) frozen Green Giant® Valley Fresh Steamers® Niblets® Corn, prepared as directed on pkg, drained
- 1 cup Sargento® Artisan Blends® Shredded Authentic Mexican Cheese

Dressing (whisk together):

- ½ cup Famous Dave's® BBQ Sauce, Rich & Sassy™
- ½ cup sour cream

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

Asian Beef Salad

- 1 lb 'culotte' (top sirloin) steak, cut in strips
- 1 tbsp canola oil
- 4 medium carrots, peeled, shaved with vegetable peeler to make 'ribbons' (approximately 3 cups)
- ⅓ cup bottled Asian toasted sesame dressing
- 2 cups cooked wild rice
- 1 box (9 oz) frozen Green Giant® Simply Steam® Sugar Snap Peas, prepared as directed on pkg, drained
- ½ cup diced red pepper
- 1 pkg (5 oz) mixed spring greens
- 2 green onions, thinly sliced
- 2 tbsp sesame seeds, toasted

In large skillet, saute steak in oil. In large bowl, combine carrots, dressing, wild rice, snap peas, and peppers. On large platter, spread greens; layer with wild rice mixture. Top with steak, onions, and sesame seeds. 4-6 servings.

Appetizer

Hawaiian Chicken Meatballs

Laura Speck, North Little Rock, AR

- 1 pkg (16 oz) Gold'n Plump® Recipe Ready™ Ground Chicken
- 2½ cups cooked wild rice
- 1 large egg, whisked
- ¼ cup applesauce
- ½ tsp salt
- 1 tsp pepper
- ½ tsp garlic powder
- ⅛ tsp ground ginger
- 2 tsp dried onion flakes
- 1 tbsp soy sauce

Sauce (whisk together):

- 1 tsp cornstarch
- ½ cup butter, melted
- ½ cup packed brown sugar
- 1 cup teriyaki sauce
- 1 tbsp Worcestershire sauce
- 1 can (20 oz) pineapple tidbits, with juice
- ¼ cup water
- ½ cup chicken broth
- ⅛ tsp ground ginger

Preheat oven to 350°F. In large bowl, combine all ingredients, except sauce. Form into 1½" balls; place in 2 greased 9x13" pans. Pour sauce over meatballs. Cover with foil; bake 30 minutes. Turn meatballs. Cover; bake 30 minutes. Remove foil; bake 15 minutes. 35-40 appetizers. *Note: serve over bed of wild rice for entrée.*

Entrées

Cajun Wild & Dirty Rice

Sally Sibthorpe, Shelby Township, MI

- ½ lb Gold'n Plump® All Natural™ Chicken Livers
- 3 tbsp canola oil
- ½ lb andouille sausage, finely diced
- 1 cup chopped onion
- ¾ cup chopped green pepper
- ¾ cup chopped red pepper
- ¼ cup chopped celery
- 2 tsp minced garlic
- 1 tbsp Cajun seasoning
- 1 tsp salt
- 1 tsp pepper
- 2 cups chicken broth
- 2 bay leaves
- 1 pkg (9 oz) frozen Green Giant® Chopped Spinach, prepared as directed on pkg, squeezed to remove moisture
- 5 cups cooked wild rice

In large skillet, saute livers in oil until no longer pink. Remove from skillet; mince, set aside. In same skillet, brown sausage. Add liver, onion, peppers, celery, and seasonings; heat through. Add broth, bay leaves, and spinach. Bring to a boil; simmer 5 minutes. Remove bay leaves. Add wild rice; heat through. 6 servings.