

Wild Creole Gumbo Skillet

Rachel Ruiz - Fort Walton Beach, FL

- 8 oz (¼ bag) frozen Gold'n Plump® Boneless Skinless Chicken Breast Pieces for Stir Fry
- 3 tbsp canola oil
- 8 oz smoked andouille sausage, sliced
- ½ cup diced onion
- 2 cloves garlic, minced
- 1 large tomato, seeded and diced
- 2 bags (12 oz ea) frozen Green Giant® Fire Roasted Tri-Color Peppers
- 8 oz defrosted cooked, peeled large shrimp
- 3 cups cooked wild rice
- 2 tsp gumbo file powder
- 1 tsp each: blackened seasoning and seasoned salt

In large skillet, cook chicken in oil. Add sausage, onion, and garlic; cook until onion is softened. Add tomato and peppers; cook until heated through. Reduce heat to low; stir in shrimp, wild rice, and seasonings; heat through. Salt and pepper to taste. 6 servings.

Wild Rice Risotto Bolognese

Roxanne Chan - Albany, CA

- 1 lb ground beef
- ¼ cup each chopped: onion, carrot, and celery
- 1 tbsp canola oil
- 1 box (8 oz) pearl couscous
- 2 cans (14.5 oz ea) beef broth
- 1 box (9 oz) frozen Green Giant® Steamers Chopped Spinach, thawed and squeezed to remove moisture
- 1 tsp dried Italian seasoning herb blend
- 3 cups cooked wild rice
- 1 cup seeded and chopped tomatoes
- ½ tsp freshly ground pepper
- ½ cup Crystal Farms® Finely Shredded Asiago & Parmesan Cheese

In large skillet, brown beef, onion, carrot, and celery in oil. Add couscous, broth, spinach, and Italian seasoning. Cook uncovered 10 minutes, until couscous is tender. Stir in wild rice, tomato, and pepper. Top with cheese. 6 servings.

Green Garden Wild Rice Frittata

Mary Kay LaBrie - Clermont, FL

- 5 large eggs
- 2 large egg whites
- 1 tsp each chopped: parsley and chives
- ¼ tsp each: salt and freshly ground pepper
- 4 oz pre-sliced mixed mushrooms (shiitake, baby bella, oyster)
- ½ cup chopped sweet onion
- 2 tbsp canola oil
- 1 box (10 oz) frozen Green Giant® Steamers Creamed Spinach, prepared as directed on box
- 1½ cups cooked wild rice
- 1 tsp low sodium soy sauce
- ½ cup Crystal Farms® Finely Shredded Mozzarella Cheese
- 6 slices bacon, cooked and crumbled
- hot sauce, optional

In medium bowl, whisk eggs, egg whites, parsley, chives, salt, and pepper. In ovenproof, non-stick 12" skillet, cook mushrooms and onion in oil until softened. Stir in spinach, wild rice, and soy sauce. Pour egg mixture over top. Lightly tent with foil; cook over medium heat 5 minutes, until center sets. Top with cheese; broil 3 minutes until cheese begins to bubble. Let rest 5 minutes, lightly tented. Top with bacon and hot sauce. 6 servings.

Roasted Chicken with Cherry & Almond Wild Rice

Compliments of Jasper Mirabile, chef/owner, Jasper's, Kansas City, MO

- 1 cup balsamic vinegar
- ½ cup brown sugar
- 4 tbsp butter, melted
- 1 orange, peeled and quartered
- 1 onion, julienned
- 2 lbs Gold'n Plump® bone-in chicken (thighs, breasts, drumsticks)
- ⅛ tsp sea salt
- 4 sprigs fresh rosemary, leaves stripped and chopped
- 1 cup pitted, halved fresh Bing cherries

Cherry & Almond Wild Rice:

- 1 medium onion, minced
- 8 tbsp butter
- 2 tomatoes, seeded and diced
- 3 cups cooked wild rice
- 1 cup pitted, halved fresh Bing cherries
- ¼ cup sliced almonds
- ½ cup amaretto liqueur
- salt to taste
- 3-4 fresh rosemary sprigs, garnish

Preheat oven to 400°F. In large bowl, combine first five ingredients; mix well. Add chicken, salt, and rosemary leaves; toss to coat. Stir in cherries; place mixture in roasting pan. Bake 45 minutes, until chicken has reached an internal temperature of 165°F; baste as needed. Reserve pan juices. In large skillet, saute onion in butter until caramelized. Add tomato; saute 2-3 minutes. Add wild rice, cherries, almonds, amaretto, and salt; toss. Place on a platter; top with chicken. Pour reserved juices on top; garnish with rosemary sprigs. 4 servings.

"Get Wild with Wild Rice" Recipe Contest

Eight finalists are featured in this brochure (green font).

Visit www.mnwildrice.org in September to vote for your favorite & search our wild rice recipe library!

Join the next 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	103	124
Protein, g	3.27	2.13	2.77
Fat, g	0.28	0.22	0.98
Dietary Fiber, g	1.50	0.30	1.60
Total Carbohydrate, g	17.50	22.25	25.84
Minerals			
Phosphorus, mg	67.00	34.00	104.00
Iron, mg	0.49	0.95	0.57
Potassium, mg	83.00	28.00	87.00
Zinc, mg	1.10	0.39	0.72
Vitamins			
Riboflavin, mg	0.07	0.01	0.07
Niacin, mg	1.06	1.17	2.59
Vitamin E, mg	0.20	0.03	0.17

Source: USDA National Nutrient Database for Standard Reference, Release 28 (2016).

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 less than 38¢ per serving!

How long can I keep wild rice?

Uncooked wild rice keeps up to 5 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 30-60 minutes or until kernels begin 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 into 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 for 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. Using well-cooked and chopped wild rice helps prevent this. Sweetened recipes are best when served within 24 hours.

Is wild rice nutritious?

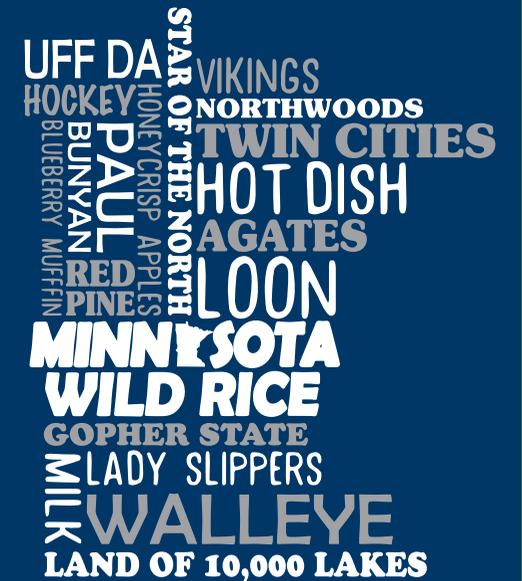
Yes, wild rice is nutritious! It's a high-fiber complex carbohydrate, high in quality protein and low in fat, with only 83 calories per half-cup serving.

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. Wild rice is gluten-free.



MINNESOTA WILD RICE

Recipes and Answers to Often Asked Questions

2016-2017 Edition

Minnesota Cultivated Wild Rice Council
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Soups

Classic Creamy Wild Rice Ham Soup

- ½ cup finely chopped onion
- 6 tbsp butter with canola oil
- ½ cup flour
- 4 cups chicken broth
- 2 cups cooked wild rice
- ½ cup shredded carrots
- 5 oz thick cut deli-style smoked ham, cubed
- 3 tbsp slivered almonds
- ½ tsp salt
- 1 cup half and half
- 2 tbsp dry sherry

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

Wild Italian Sausage Soup

- 1 lb bulk Italian pork sausage
- 1 large onion, chopped
- 1 tsp canola oil
- 3 cloves garlic, minced
- 6 cups chicken broth
- 1 can (14.5 oz) diced tomatoes with basil, garlic & oregano
- 1 can (6 oz) tomato paste
- 1 box (9 oz) frozen Green Giant® Steamers Sweet Peas
- ¼ tsp each: salt and pepper
- 2 cups cooked wild rice

In large saucepan, cook sausage over medium heat until browned; drain, remove from pan and set aside. In same pan, saute onion in oil until tender. Add garlic; cook 1 minute. Stir in broth, tomato, and tomato paste. Return sausage to pan; bring to a boil. Reduce heat; simmer uncovered 20 minutes. Stir in peas, salt, pepper, and wild rice; heat through. 6-8 servings.

Cheeseburger Wild Rice Soup

- 1 tbsp canola oil
- 1 lb ground beef
- 1 bag (12 oz) frozen Green Giant® Steamers Mixed Vegetables
- ¼ cup chopped green pepper
- 1 small onion, chopped
- 1 jalapeno pepper, seeded and chopped
- 1 clove garlic, minced
- 4 cups beef broth
- ½ tsp salt
- 2½ cups milk, divided
- 3 tbsp all-purpose flour
- 2 cups cooked wild rice
- 8 oz Crystal Farms® Finely Shredded Cheddar Cheese
- ½ lb bacon, cooked and crumbled

In large saucepan, combine first seven ingredients, cook until beef is browned. Add broth and salt; bring to a boil. Reduce heat and add 2 cups milk; heat through. Combine remaining milk and flour until smooth; gradually stir into soup. Add wild rice; bring to a boil. Cook and stir 2 minutes or until thickened and bubbly. Reduce heat; stir in cheese until melted. Top with bacon just before serving. 6-8 servings.

Cajun Chicken & Wild Rice Soup

- 1 package (16 oz) Gold'n Plump® Ground Chicken
- 1 medium onion, chopped
- 2 ribs celery, chopped
- 1 tbsp canola oil
- 6 cloves garlic, minced
- 1 can (10 oz) diced tomatoes and green chilies, drained
- ¾ cup orange juice
- 2 tbsp minced fresh cilantro
- 2 tsp Cajun seasoning
- 1 tsp dried oregano
- ½ tsp each: dried thyme, ground cumin, and paprika
- 6 cups chicken broth
- 2 cups cooked wild rice
- 1 box (9 oz) frozen Green Giant® Steamers Baby Lima Beans salt and pepper to taste

In large saucepan, cook chicken, onion, and celery in oil. Add garlic; cook 1 minute. Stir in tomato, orange juice, cilantro, seasonings, and broth; bring to a boil. Reduce heat; cover and simmer 15 minutes or until vegetables are tender. Stir in wild rice and beans; heat through. Season to taste. 8 servings.

Appetizer

Italian Wild Rice Quesadillas

Jeanne Holt - Mendota Heights, MN

- 4 oz Crystal Farms® Wisconsin Original Cream Cheese, softened
- ⅓ cup jarred basil pesto
- ⅓ cup chopped oil-packed sun-dried tomatoes
- ½ tsp red pepper flakes
- 1 box (9 oz) frozen Green Giant® Steamers Chopped Spinach, thawed and squeezed to remove moisture
- 1 cup cooked wild rice
- 2 cups Crystal Farms® Finely Shredded 6 Cheese Italian, divided
- 8 (9") flour tortillas
- 1 Gold'n Plump® Deli Fresh Rotisserie Chicken, Original Flavor, shredded
- 4 oz thinly sliced prosciutto ham, cut into thin strips
- 2 tbsp canola oil
- 2 cups jarred marinara sauce, warmed

In medium bowl, stir first 4 ingredients until mixed. Stir in spinach, wild rice, and ⅓ cup shredded cheese. Top 4 tortillas with wild rice mixture; spread evenly to within ¼" of edges. Top with chicken and prosciutto. Sprinkle with remaining shredded cheese; top with remaining tortillas. Heat large, non-stick skillet over medium heat; brush with oil. Place quesadillas in skillet; brush tops with oil. Cook 4 minutes on each side until heated through. Keep warm in a 200°F oven. Cut into wedges. Serve with marinara. 4 servings.

Minimum Internal Meat Temperature Guide

Beef steak/Pork chops	145°F; allow 3 min. rest
Ground Beef/Pork	160°F
All Poultry	165°F

Color is not an indication of doneness. To measure temperature, insert a meat thermometer into thickest portion of meat.

Source: USDA, Food Safety Information (January 2015)

Salads

Summer Grilled Steak, Wild Rice, & Veggie Bowl

Terri Crandall - Gardnersville, NV

- 1-2 lbs beef tri-tip steak
- ¼ cup thick teriyaki sauce
- 4 cloves garlic, minced
- ½ tsp each: salt and pepper

Salad:

- 1 bag (11 oz) frozen Green Giant® Steamers Honey Roasted Sweet Corn, prepared as directed on box, cooled
- 4 tomatillos, chopped
- 1 red pepper, chopped
- ½ red onion, chopped
- 1 jalapeno pepper, seeded and chopped
- 2 medium tomatoes, seeded and chopped
- 1 avocado, peeled and chopped
- 2 cloves garlic, minced
- ½ cup Crystal Farms® Shredded Monterey Jack Cheese
- 2 cups cooked wild rice
- sour cream, garnish

Dressing (whisk together; chill):

- 1 tbsp lemon juice
- 1 tsp salt
- ¼ cup canola oil
- 2 tsp red wine vinegar

Brush steak with teriyaki sauce; rub with garlic, salt, and pepper. Grill to internal temperature of 145°F; thinly slice. In large bowl, combine salad ingredients except sour cream. Add dressing; gently toss. Top with steak. Garnish with sour cream. 8 servings.

Sorrento Wild Rice & Chicken Salad

Mary Shivers - Ada, OK

- 3 cups cooked wild rice
- 1 carton (10 oz) cherry tomatoes, halved
- ¼ cup chopped green pepper
- ½ cup chopped English cucumber
- 1 box (10 oz) frozen Green Giant® Steamers Shoepeg White Corn & Butter Sauce, prepared as directed on box, cooled
- ¼ cup sliced black olives
- ¼ cup diced jarred roasted red peppers
- 2 Gold'n Plump® Boneless Skinless Chicken Breast Fillets, cooked and diced
- 3 tbsp finely snipped Italian flat leaf parsley
- ½ small red onion, thinly sliced and separated into rings
- ¼ cup drained jarred pepperoncini rings
- ¾ cup small croutons

Dressing (whisk together; chill):

- 1 tbsp basil pesto
- 3 tbsp each: canola oil and white balsamic vinegar
- 1 tsp minced garlic
- ¼ tsp each: dried oregano, red pepper flakes, and kosher salt
- ⅓ tsp pepper
- 3 tbsp Crystal Farms® Finely Shredded Asiago & Parmesan Cheese

In large bowl, combine first 9 ingredients. Add dressing; gently toss. Top with onion, pepperoncini, and croutons. 6 servings.

Greek Chicken & Wild Rice Tabbouleh

Mary Leverette - Columbia, SC

- 1 cup cooked wild rice
- 2 Gold'n Plump® Boneless Skinless Chicken Breast Fillets, cooked, cooled, and diced
- 1 cup each chopped: tomato and English cucumber
- ¾ cup chopped parsley
- ½ cup Crystal Farms® Feta Cheese Crumbles
- ⅓ cup finely chopped green onions
- ¼ cup finely chopped mint leaves

Dressing (whisk together; chill):

- 2 tbsp freshly squeezed lemon juice
- 1 tbsp canola oil
- 1 tsp minced garlic
- ¼ tsp each: salt, ground cumin, and freshly ground pepper

In large bowl, combine ingredients. Add dressing; toss. 4 servings.

Tuscan Beefeater's Wild Rice Salad

Gilda Lester - Millsboro, DE

- 12 oz beef tenderloin steak
- 2 tbsp canola oil
- 1 tsp salt
- ½ tsp each: pepper and crushed red pepper flakes

Salad:

- ¾ cup bottled Italian vinaigrette dressing
- 2 cups cooked wild rice
- 2 large tomatoes, seeded and diced
- 1 green pepper, julienned
- 3 green onions, chopped
- 1 container (4 oz) Crystal Farms® Blue Cheese Crumbles, divided

Brush steak with oil; sprinkle with salt, pepper, and red pepper flakes. Grill to internal temperature of 145°F; thinly slice. In large bowl, toss all salad ingredients, reserving 2 oz of blue cheese. Top with steak and remaining blue cheese. 4 servings.

Entrees

Wild Pork Skillet

- 2 tsp kosher salt, divided
- 1½ tsp ground cumin, divided
- ½ tsp pepper, divided
- ⅓ tsp cayenne pepper
- 20 oz pork loin, cubed
- 4½ tbsp canola oil, divided
- ¼ cup chopped red onion
- 1 small jalapeno pepper, seeded and finely chopped
- 1 box (9 oz) Green Giant® Steamers Niblets® Corn
- 2 cloves garlic, minced
- 3 cups cooked wild rice
- 3 tbsp chopped fresh cilantro
- 1 tsp lime zest
- 1½ tbsp fresh lime juice

In small bowl, combine 1 tsp salt, 1 tsp cumin, ¼ tsp pepper, and cayenne pepper. Coat pork with 1½ tsp canola oil and seasoning mixture. In large skillet, saute onion and jalapeno in remaining oil until tender. Add pork; cook to internal temperature of 145°F. Sprinkle in remaining salt, cumin, and pepper. Add corn and garlic; cook 1 minute. Stir in wild rice; heat through. Remove from heat; stir in cilantro, zest, and lime juice. 6-8 servings.