

## Zesty Zaatar Pork Chop Skillet

Roxanne Chan - Albany, CA

- 1 lb boneless pork loin chops, cut into strips
- ¼ tsp each: dried thyme, garlic salt, ground pepper, and lemon zest
- 2 tbsps canola oil
- 2 cups cooked wild rice
- 1 box (9 oz) frozen Green Giant® Steamers Broccoli Cuts
- 1 cup chopped apricots (fresh or canned)
- ¼ cup apricot nectar
- 2 tsp lemon juice
- 1 green onion, minced
- 2 tbsps chopped parsley
- ⅓ cup Crystal Farms® Feta Cheese Crumbles
- toasted sesame seeds, garnish

In small bowl, coat pork with seasonings. In large skillet, stir fry pork in oil. Stir in remaining ingredients; heat through. Garnish with sesame seeds. 4 servings.

## Short Ribs & Wild Rice Spaetzle

- 2 tbsps canola oil
- 2 lbs bone-in beef short ribs
- 1 bottle dry red wine
- 1 large onion, chopped
- 1 bag frozen Green Giant® Roasted Carrots
- 1 head garlic, whole and unpeeled
- 3 stalks fresh rosemary
- ½ cup dried cherries
- 4 cups beef stock

### Spaetzle:

- 4 cups water
- 3 cups cooked wild rice, divided
- 3 eggs
- 1 cup flour
- ½ tsp salt

In Dutch oven, heat canola oil on high; sear ribs 5 minutes per side. Reserving drippings, remove ribs from pan; set aside. In same pan, add remaining ingredients except stock. Bring to a boil. Add ribs; reduce heat. Simmer covered 4-6 hours; turn ribs every hour. Reserving liquid, remove ribs; place on baking sheet. Broil 5 minutes each side. Cool slightly; shred and set aside. Strain liquid, discarding solids. In large stock pot, place strained liquid and beef stock; bring to a boil. Over medium heat, cook liquid 30-45 minutes, stirring occasionally, until sauce is ¼ its original volume; set aside.

In a large saucepan, bring 4 cups water to a boil. Add 2 cups cooked wild rice; simmer 30 minutes (wild rice will double and become very soft). Drain; cool and puree in food processor. Add eggs; blend thoroughly. Add flour to form dough. Bring stock pot of water to rolling boil; add salt. Drop dough through spaetzle maker or press through large holes in a colander into boiling water. Return to boil; cook 1 minute. Scoop spaetzle out of water; place in single layer on baking sheet. Mix with remaining wild rice; place mixture on serving plates. Top with beef; spoon sauce on top. 8 servings.

### "Get Wild with Wild Rice" Recipe Contest

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

Visit [mnwildrice.org](http://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](mailto:wr@mnwildrice.org) or visit MN Cultivated Wild Rice Council on Facebook or Twitter.

## Dessert

### Where the Wild Things Are Dessert

Pam Correll - Brockport, PA

- 2 cups cooked wild rice
- 1 cup coconut milk
- ½ cup pure maple syrup
- 2 tbsps canola spread
- 1 tub (8 oz) Crystal Farms® Blueberry Cream Cheese Spread, at room temperature
- 1 tsp vanilla extract
- ¼ tsp nutmeg
- 1½ cups fresh blueberries, divided
- 2 cups sweetened whipped cream
- 4 fresh spearmint leaves

In large saucepan, combine wild rice, coconut milk, maple syrup, and canola spread. Bring to a boil over medium heat, stirring constantly; reduce heat. Simmer 15-20 minutes until wild rice absorbs liquid; stirring frequently. Remove from heat. Stir in cream cheese, vanilla, and nutmeg; cool completely. In four clear, small custard cups, layer wild rice mixture, 1 cup blueberries, and whipped cream. Garnish with remaining blueberries and mint leaves. 4 servings.

### Nutty Wild Rice Dessert Topping

- 1½ cups cooked wild rice
- ½ cup packed brown sugar
- ½ cup chopped dates
- ½ cup chopped pecans
- ½ cup halved maraschino cherries
- ice cream or frozen yogurt

In medium bowl, combine all ingredients except ice cream. Allow flavors to blend. Serve over ice cream. 4-6 servings.

## 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
<b>Minerals</b>			
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
<b>Vitamins</b>			
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 Frequently 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?

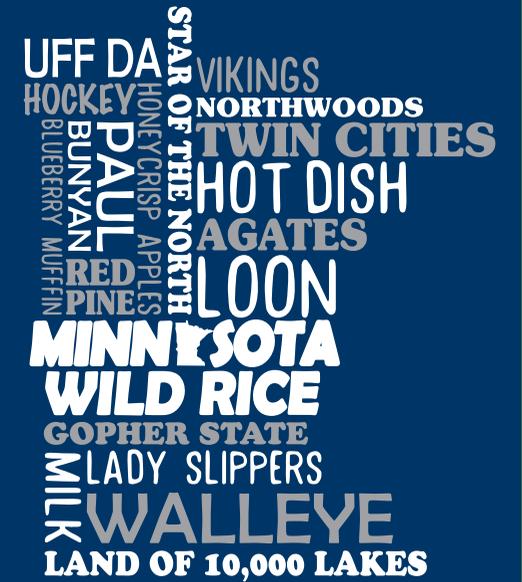
Yes, wild rice is nutritious! It's a high-fiber complex carbohydrate, high in quality protein and low in fat, with only 83 calories per half-cup serving.

### 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 7-12 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 & Answers to Frequently Asked Questions

2017-2018 Edition

Minnesota Cultivated Wild Rice Council  
4630 Churchill Street, #1  
St. Paul, MN 55126

651.638.1955  
[www.mnwildrice.org](http://www.mnwildrice.org)

## Soups

### Wild Rice & Salsa Verde Chicken Soup

*Sharyn LaPointe Hill - Las Cruces, NM*

- ½ cup chopped onion
- 1 tbsp minced garlic
- 1 large poblano pepper, seeded and finely chopped
- 2 medium jalapeno peppers, seeded and finely chopped
- 1 cup finely chopped tomatillos
- 3 tbsp canola oil
- 4 cups chicken broth
- 2 cups shredded Gold'n Plump® Deli Fresh Rotisserie Chicken, Original Flavor
- 2 cans (7 oz ea) Green Giant® Mexicorn, drained
- 1½ tsp each: ground cumin and dried oregano leaves
- ⅓ cup lime juice
- 1 tsp salt
- ½ tsp pepper
- 3 cups cooked wild rice
- 2 cups Crystal Farms® Shredded Mexican 4 Cheese
- ¼ cup chopped fresh cilantro leaves

In large saucepan, sauté onion, garlic, peppers, and tomatillos in oil, 3-4 minutes. Add broth, chicken, Mexicorn, cumin, oregano, lime juice, salt, and pepper; bring to a boil. Reduce heat; add rice and cheese, stirring until cheese melts. Stir in cilantro. Serve immediately. 6 servings.

### Classic Creamy Wild Rice 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, sauté 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.

### Vegetable Beef & Wild Rice Soup

- 1 tbsp canola oil
- 1 lb ground beef
- 1 large onion, diced
- 1 rib celery, chopped
- 3 cloves garlic, finely chopped
- 4 cups beef broth
- 1 can (15 oz) crushed tomatoes
- 1 bottle (12 oz) Spicy Hot V8 juice
- 3 cups cooked wild rice
- 1 bag (10 oz) frozen Green Giant® Roasted Corn
- 1 box (9 oz) frozen Green Giant® Steamers Sweet Peas salt and pepper to taste

In large saucepan, combine first 5 ingredients; cook until beef is browned. Add remaining ingredients; heat through. 10 servings.

### Wild Rice Chicken Cheesesteak Soup

*Shannon Kohn - Simpsonville, SC*

- 2 tbsp canola oil
- 2 Gold'n Plump® Boneless Skinless Chicken Breast Fillets, cut into thin strips
- ½ cup each: chopped red, yellow, and green peppers
- 1 cup chopped onion
- 1 cup chopped onion
- 1 tsp minced garlic
- 4 cups chicken broth
- ½ tsp salt
- 1 box (8 oz) Crystal Farms® Original Cream Cheese, cubed
- 1 bag (8 oz) Crystal Farms® Shredded Monterey Jack Cheese
- 3 cups cooked wild rice
- 1 jar (6 oz) Green Giant® Sliced Mushrooms, drained

In large saucepan, sauté chicken, peppers, onion and garlic in oil until chicken is cooked through. Add broth and salt; bring to a boil. Reduce heat; whisk in cream cheese. Gradually stir in shredded cheese until melted. Add wild rice and mushrooms; heat through. 6-8 servings.

### Wild Paella Soup

- 1 pkg (16 oz) Gold'n Plump® Ground Chicken
- ¼ cup chopped onion
- ½ cup chopped roasted red pepper
- 2 tbsp canola oil
- 3 smoked Andouille sausage links, sliced
- 8 oz frozen small tail-off cooked shrimp
- 1 bag (10 oz) frozen Green Giant® Roasted Corn
- 1 box (9 oz) frozen Green Giant® Steamers Sweet Peas
- 3 cups cooked wild rice
- ¾ cup medium salsa
- 1 tsp lime juice
- 10 cups chicken broth salt and pepper to taste
- 1 cup Crystal Farms® Shredded Pepper Jack Cheese, divided
- ¼ cup chopped cilantro, divided

In large saucepan, cook chicken, onion, and red pepper in oil. Add remaining ingredients except cheese and cilantro; heat through. Spoon into bowls; top with cheese and cilantro. 8-10 servings.

## Salads

### Midwestern Minestrone Salad

*Roxanne Chan - Albany, CA*

- 3 cups cooked wild rice
- 1 lb sirloin steak, grilled, cut into thin strips
- 1 can (7 oz) Green Giant® Whole Golden Corn Niblets, drained
- 1 can (15 oz) Green Giant® Mixed Vegetable Blend, drained
- 1 large tomato, seeded and chopped
- ¼ cup each: chopped red onion and snipped parsley
- ½ cup Crystal Farms® Finely Shredded Cheddar Cheese

**Dressing (whisk together; chill):**

- ¼ cup each: canola oil and red wine vinegar
- 1 tbsp tomato paste
- 1 tsp lemon zest
- ½ tsp each: salt and ground black pepper

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

### Berry Best Pork & Wild Rice Salad

*Shannon Kohn - Simpsonville, SC*

- 2 cups cooked wild rice
- 1 lb boneless pork loin chops, cooked and cubed
- 1½ cups hulled and sliced strawberries
- 1 cup blueberries
- 1 tub (4 oz) Crystal Farms® Gorgonzola Cheese Crumbles
- ¼ cup diced red onion
- 1 tsp chopped basil

**Dressing (blend in food processor or whisk together):**

- 2 oz Crystal Farms® Original Cream Cheese, softened
- 2 tbsp each: canola oil, red wine vinegar, and honey
- ¼ tsp ground cinnamon

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

### Wild Rice & Edamame Salad

- ½ cup slivered almonds, toasted
- 2 tbsp white sesame seeds, toasted
- 4 cups cooked wild rice
- 3 medium scallions, thinly sliced
- 2 cups shelled, cooked edamame
- 1 bag frozen Green Giant® Riced Cauliflower & Sweet Potatoes, prepared as directed on bag, cooled
- ½ cup dried cranberries

**Dressing (whisk together; chill):**

- 3 tablespoons canola oil
- 2 tbsp sesame oil
- ¼ cup rice vinegar
- 2 tsp honey
- kosher salt and freshly ground black pepper to taste

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

### 1,2,3 Easy Wild Rice Summer Salad

*Areli Biggers - El Paso, TX*

- 2 cups cooked wild rice
- ½ lb Gold'n Plump® Boneless Skinless Chicken Breast Fillets, cooked and cubed
- 1 cup frozen Green Giant® Roasted Corn, prepared as directed on bag, cooled
- 1 cup canned B&M® Original Baked Beans
- ½ cup Crystal Farms® Finely Shredded 6 Cheese Italian
- 4 strips bacon, cooked and crumbled
- ¼ cup chopped fresh basil

**Dressing (whisk together; chill):**

- ⅓ cup canola oil
- 2 tbsp lime juice
- 1 tsp each: mustard and honey
- ½ tsp garlic powder
- salt and pepper to taste

In large bowl, combine ingredients. Add dressing; toss. 6 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)*

## Entrees

### Wild Risotto with Chicken Meatballs

*Natalie Yarbrough - Minnetonka, MN*

- 1 cup sliced fresh mushrooms
- 12 (½ bag) frozen Gold'n Plump® Chicken Meatballs - Homestyle
- 1 tbsp canola oil
- ½ cup heavy cream
- 1 cup frozen Green Giant® Riced Cauliflower Medley
- 3 cups cooked wild rice
- 4 strips bacon, cooked and crumbled
- 1 tsp garlic salt
- ½ cup Crystal Farms® Shredded Parmesan Cheese
- 2 tbsp fresh parsley

In large skillet, cook mushrooms and meatballs in oil, 3-5 minutes. Add cream and cauliflower medley; simmer 5-7 minutes. Stir in remaining ingredients except parsley, cook 5 minutes. Remove from heat; sprinkle with parsley. 4 servings.

### Alfredo Cheesy Beef Skillet

- 1½ lbs ground beef
- 1 cup each: chopped onion, zucchini, red pepper, and green pepper
- 2 tbsp canola oil
- 1½ tsp garlic powder
- ½ tsp each: salt and pepper
- 4 cups cooked wild rice
- 2 cups prepared alfredo sauce
- 1 bag (8 oz) Crystal Farms® Finely Shredded Mozzarella Cheese
- 1 box (9 oz) frozen Green Giant® Steamers Chopped Spinach, thawed and squeezed to remove moisture
- 1 cup crushed, seasoned croutons

In large skillet, brown beef, onion, zucchini, and peppers in oil. Mix in remaining ingredients except croutons; heat through. Top with croutons. 8 servings.

### Wild Rice Veggie Burger

*Areli Biggers - El Paso, TX*

- 1½ cups cooked wild rice
- 1 cup frozen Green Giant® Riced Cauliflower, prepared as directed on bag, remove excess moisture
- 1 cup canned beans (pinto, black, or kidney)
- ¼ cup breadcrumbs
- 5 tbsp canola oil, divided
- ½ tsp each: salt and pepper
- 1 tsp garlic powder
- 4 hamburger buns, toasted if desired

**Toppings:**

- 4 slices Crystal Farms® Pepper Jack Cheese, optional
- 4 tbsp mustard
- 4 slices each: tomato and onion
- 4 large lettuce leaves

**Avocado Mixture (combine; set aside):**

- 1 ripe avocado, mashed
- 1 tsp lime juice
- ¼ cup canned Green Giant® SteamCrisp® Golden Corn Niblets® salt and pepper to taste

In food processor, place all ingredients (reserve 4 tbsp oil and buns); pulse until well combined. Add breadcrumbs if too moist. Make 4 burgers 1" thick; let rest. In large skillet, heat remaining canola oil on medium-high; cook burgers 4-5 minutes on each side until crisp. Remove from heat; add cheese. Spread avocado mixture on bottom buns; top with burgers and remaining toppings. 4 servings.