

Creamy Chicken Florentine Wild Rice

Mary Shivers - Ada, OK

- 1 pkg (15 oz) Gold'n Plump® Extra Tender Boneless Skinless Chicken Breast Fillets, cubed
- 1 tsp Italian seasoning
- ½ tsp salt
- 4 tbsp canola oil, divided
- 2 tsp minced garlic
- 1 pkg (9 oz) frozen Green Giant® Steamers Chopped Spinach, prepared as directed on pkg, squeezed to remove moisture
- 3 cups cooked wild rice
- 1 cup heavy cream
- 1 cup Sargento® Artisan Blends® Shredded Parmesan Cheese

In large skillet, season chicken with Italian seasoning and salt; cook in 2 tbsp oil. Remove chicken from skillet; set aside. In same skillet, saute garlic in remaining oil. Stir in chicken and remaining ingredients; heat through. 6 servings.

Steak, Wild Rice, & Black Bean Tacos

Sally Sibthorpe - Shelby Township, MI

- ¾ lb flat iron steak
- 2 tsp chili powder, divided
- 1 tsp salt, divided
- 2 cups cooked wild rice
- ¾ cup canned black beans, drained, rinsed
- ¼ cup thick salsa
- 2 tbsp canola oil, divided
- 8 jumbo size taco shells
- ½ cup thinly sliced scallions
- ¼ cups shredded lettuce
- ½ cup chopped tomato
- 1½ cups Sargento® Chef Blends™ Shredded Taco Cheese
- 3 tbsp chopped cilantro

Season steak with 1 tsp chili powder and ½ tsp salt; let rest 15 minutes. In large skillet, heat wild rice, beans, salsa, remaining chili powder and salt in 1 tbsp oil; set aside. In large skillet, cook steak in remaining oil, turning once. Remove from heat; slice into thin strips. Assemble by spooning meat and rice mixture into warmed taco shells; layer with remaining ingredients. 8 servings.

Roasted Poblano Chicken Wild Rice

Areli Biggers - Hopkinton, MA

- ½ cup chopped onion
- 1 tsp minced garlic
- 2 tbsp butter with canola oil
- 1 cup cooked, cubed Gold'n Plump® Extra Tender Boneless Skinless Chicken Breast Fillets
- 1 cup cooked wild rice
- 1 pkg (9 oz) frozen Green Giant® Steamers Niblets® Corn, prepared as directed on pkg
- 2 large deveined, chopped, roasted poblano peppers
- 2 tbsp sour cream
- ¼ cup chicken broth
- ½ cup Sargento® Artisan Blends® Shredded Authentic Mexican Cheese
- salt and pepper to taste

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

Wild Rice Meatballs

- 1 cup cooked wild rice
- 1 lb ground beef
- ¼ cup water
- 1 egg, slightly beaten
- ¼ cup finely chopped onion
- ½ tsp minced garlic
- ¼ tsp salt
- ⅛ tsp pepper

Preheat oven to 450°F. In medium bowl, combine all ingredients; mix well. Shape into 1½" meatballs. Place on 15x10x1" pan. Bake meatballs to an internal temperature of 160°F; use a meat thermometer inserted in center of meatball. Makes 24 meatballs.

Dessert

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.

"Get Wild with Wild Rice" Recipe Contest

Eight 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 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	108
Protein, g	3.27	2.13	2.52
Fat, g	0.28	0.22	0.88
Dietary Fiber, g	1.50	0.30	1.80
Total Carbohydrate, g	17.50	22.25	22.39
Minerals			
Phosphorus, mg	67.00	34.00	81.00
Iron, mg	0.49	0.95	0.41
Potassium, mg	83.00	28.00	42.00
Zinc, mg	1.10	0.39	0.61
Vitamins			
Riboflavin, mg	0.07	0.01	0.02
Niacin, mg	1.05	1.16	1.49
Vitamin E, mg	0.20	0.03	0.03

Note: Data taken from USDA-ARS National Nutrient Database for Standard Reference, Release 26 (2013).

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 prepared 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. 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

2014 - 2015 Edition

Minnesota Cultivated Wild Rice Council

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Soups

Cheesy Chicken & Corn Wild Rice Soup

Natalie Yarbrough - Edina, MN

- ¼ cup diced onion
- 2 cans (4.5 oz each) Green Giant® Sliced Mushrooms
- 2 tbsp canola oil
- 1 tbsp butter with canola oil
- ½ cup flour
- 1 tsp garlic salt
- 4 cups chicken stock
- 1 can (10.75 oz) cream of chicken soup
- 1 pkg (9 oz) frozen Green Giant® Steamers Niblets® Corn, prepared as directed on pkg
- 1 pkg (9 oz) frozen Green Giant® Steamers Baby Sweet Peas, prepared as directed on pkg
- ¾ lb (½ of 24 oz pkg) Gold'n Plump® Seasoned Boneless Skinless Chicken Breast Fillets - Butter and Herb, cooked, shredded
- 2 cups cooked wild rice
- 2 cups heavy cream
- 1 tsp salt
- 2 cups Sargento® Fine Cut Shredded Sharp Cheddar Cheese

In large saucepan, saute onion and mushrooms in oil. Stir in butter until melted. Add flour and garlic salt, stirring until bubbly; gradually whisk in stock. Stir in cream of chicken soup; bring to a boil. Stir in corn, peas, chicken, and wild rice. Reduce heat and cover; simmer 15 minutes. Add remaining ingredients, stirring until cheese melts. 6 servings.

Italian Basil Wild Rice Soup

- 1 large onion, chopped
- 1 tsp minced garlic
- 2 tsp canola oil
- 2 links mild italian pork sausage, casing removed
- ½ lb ground beef
- 1 cup tomato sauce
- 1 can (14.5 oz) diced tomatoes, drained
- 2 tsp dried basil
- 1 tsp dried oregano
- 1 pkg (12 oz) frozen Green Giant® Steamers Basil Vegetable Medley, prepared as directed on pkg
- 4 cups chicken broth
- 2 cups cooked wild rice
- 1 cup Sargento® Chef Blends™ Shredded 6 Cheese Italian

In large saucepan, saute onion and garlic in oil. Add pork and beef; brown. Stir in remaining ingredients except cheese. Bring to a boil. Reduce heat and cover; simmer 15 minutes. Spoon into bowls; top with cheese. 6 servings.

Minimum Internal Meat Temperature Guide

Beef steak/Pork chops	145°F; allow 3 min. rest
Ground meat	160°F
Chicken breasts	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 (June 2012)

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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.

Salads

Cherry Chicken Wild Rice Salad

- 1 pkg (15 oz) Gold'n Plump® Extra Tender Boneless Skinless Chicken Breast Fillets
- 2 tbsp canola oil
- ¾ cup chopped red onion
- ¾ cup thinly sliced celery
- 2 cups cooked wild rice
- 1 pkg (5 oz) dried cherries
- ½ cup toasted walnuts

Dressing (whisk together; chill):

- 1 cup mayonnaise
- 1 cup bottled poppyseed dressing
- 1½ tsp salt
- ¼ tsp pepper

In medium skillet, cook chicken in oil; cut in bite-size pieces. In large bowl, combine ingredients. Add dressing; toss. 6 servings.

Wild & Sweet Pork Salad

- ¾ lb boneless pork loin chops
- 1 tbsp canola oil
- 2 cups cooked wild rice
- ½ cup dried cranberries
- ¼ cup chopped dried apricots
- ¼ cup finely chopped scallions
- 1 cup chopped walnuts

Dressing (whisk together; chill):

- 4 tsp red wine vinegar
- 2 tsp freshly squeezed lemon juice
- ½ tsp minced garlic
- ½ tsp Dijon mustard
- ½ tsp sugar
- ½ cup canola oil
- salt and pepper to taste

In medium skillet, cook pork in oil; cut in bite-size pieces. In large bowl, combine ingredients. Just before serving, add dressing; toss. 4-6 servings.

Pork Wild Rice Caesar Salad

Mary Shivers - Ada, OK

- 4 cups cooked wild rice
- 5 oz thick cut deli-style smoked ham, cubed
- 6 slices hickory smoked bacon, cooked, crumbled
- ¾ cup Sargento® Artisan Blends® Shredded Parmesan Cheese
- 1 cup Caesar Salad croutons

Dressing (whisk together; chill):

- ¼ cup canola oil
- ¼ cup lemon juice
- 1 tsp Worcestershire sauce
- ½ tsp dry mustard
- ½ tsp salt
- 1 tsp minced garlic

In large bowl, combine ingredients except croutons. Add dressing; toss. Top with croutons. 8 servings.

Chophouse Wild Rice Salad

- 1 lb sirloin steak, grilled, sliced
- 3 cups cooked wild rice
- 1 cup halved grape tomatoes
- ½ cup chopped red onion
- ½ cup chopped yellow pepper
- ½ cup chopped green pepper
- 1 pkg (4 oz) Sargento® Crumbled Blue Cheese

Dressing (whisk together; chill):

- ⅓ cup balsamic vinegar
- ¼ cup canola oil
- ½ tsp salt
- 1 tbsp Dijon mustard
- ½ tsp minced garlic

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

Appetizers

Chicken & Wild Rice Quesadillas

Deborah Puette - Lilburn, GA

- ¾ tsp ground Mexican seasoning
- ½ lb Gold'n Plump® Extra Tender Boneless Skinless Chicken Breast Tenders, cut in bite-size pieces
- 1 tbsp canola oil
- 1 pkg (12 oz) frozen Green Giant® Steamers Niblets® Corn, prepared as directed on pkg
- 1 pkg (9 oz) frozen Green Giant® Steamers 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 Sargento® Fine Cut Shredded 4 Cheese Mexican
- ½ cup sour cream
- ½ cup salsa

In large skillet, season chicken 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.

Entrees

Thai Orange Sesame Beef Wild Rice

Wai Leng Loke - Chicago, IL

- 1 lb ground beef
- 5 cups cooked wild rice
- 4 boxes (9 oz each) frozen Green Giant® Steamers Antioxidant Blend: Olive Oil Seasoning, prepared as directed on pkg
- 4 tbsp finely chopped fresh Thai basil salt and pepper to taste

Sauce (whisk together):

- 4 tbsp canola oil
- 2 tbsp sesame oil
- 1 tsp orange zest
- 3 tbsp freshly squeezed orange juice
- 3 tbsp tamarind sauce
- 2 tbsp fish sauce
- 1½ tsp minced garlic
- 1 tsp minced ginger
- ½ tsp chili flakes
- 1 tsp ground pepper

In large skillet, brown beef. Stir in remaining ingredients; heat through. Stir in sauce, combine thoroughly. 10 servings.

Wild Pork & Broccoli Skillet

- 1 lb pork tenderloin, cut into stir-fry strips
- ½ cup chopped onion
- ½ cup chopped celery
- ½ cup chopped green pepper
- 2 tbsp canola oil
- 1 can (10.75 oz) cream of mushroom soup
- 1 cup Sargento® Traditional Cut Shredded Sharp Cheddar Cheese
- 1 pkg (9 oz) frozen Green Giant® Steamers Broccoli Cuts, prepared as directed on pkg
- 2 cups cooked wild rice
- 1 cup slivered almonds, toasted

In large skillet, cook pork, onion, celery, and green pepper in oil. Stir in remaining ingredients except almonds; heat through. Top with almonds. 6 servings.

Presto Pueblo Paella

Roxanne Chan - Albany, CA

- 1 pkg (16 oz) Gold'n Plump® Ground Chicken
- ¼ cup chopped onion
- 2 tbsp canola oil
- 3 cups cooked wild rice
- 1 pkg (9 oz) frozen Green Giant® Steamers Niblets® Corn, prepared as directed on pkg, drained
- 1 pkg (9 oz) frozen Green Giant® Steamers Baby Sweet Peas, prepared as directed on pkg, drained
- ½ cup julienned roasted red pepper
- 4 oz cooked peeled medium shrimp
- ¾ cup medium salsa
- 1 tbsp lime juice
- ½ cup Sargento® Traditional Cut Shredded Pepper Jack Cheese
- ¼ cup chopped cilantro

In large skillet, cook chicken and onion in oil; stir in remaining ingredients except cheese and cilantro. Heat through; top with cheese and cilantro. 6 servings.