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FOOD EDITORS RELEASE

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WILD RICE & SAUSAGE FRITTATA WINS A CLOSELY CONTESTED RACE! ***“Get Wild with Wild Rice” Recipe Contest Winners Announced***

There were no bus tours. There were no incessant campaign commercials. There were no compelling foreign policy debates. However, in what may be considered by some as the most compelling election of the year, America voted, and crowned *Wild Rice & Sausage Frittata* as this year’s winner of the Minnesota Cultivated Wild Rice Council’s 3rd annual “*Get Wild with Wild Rice*” Recipe Contest. In a contest which featured candidates with *conservative* amounts of prep time and *liberal* amounts of flavor, this is one election in which people were happy to participate.

The 2012 “*Get Wild with Wild Rice*” Recipe Contest attracted a host of delicious new recipes from wild rice lovers across the country. Entries included soups, appetizers, salads, entrées, and sides and offered an eclectic mix of ingredients showcasing the distinctiveness and versatility of wild rice.

Recipes went head-to-head in a taste test conducted by our culinary specialists. In September, recipes were posted on the Council’s website for an online contest celebrating National Rice Month. America voted for their favorite recipe with Anne Lauer of Hugo, MN, taking home the grand prize. In addition, ten finalist’s recipes were featured in the Council’s 2012-13 wild rice recipe brochure.

Give your meals new flair with these top three winning candidates (from three different states), sure to become household favorites:

Grand Prize Winner – Wild Rice & Sausage Frittata (Anne Lauer, Hugo, MN)

The 2012 grand prize winning recipe features wild rice with pork sausage, Vidalia onion, and Mozzarella and Parmesan cheeses for a deliciously distinctive creation which can be served as a protein-rich main dish or as a creative option for a hearty breakfast (a frittata is simply the Italian version of the omelette). *Wild Rice & Sausage Frittata* is easy to prepare and a great way to incorporate the unique flavor of wild rice into your meals.

Quick & Spicy Pork Wild Rice Soup (Sally Sibthorpe, Shelby Township, MI)

Add some spice to your meals with *Quick & Spicy Pork Wild Rice Soup* which combines delicious pork tenderloin with wild rice, corn, pinto beans, and taco cheese for a distinctive ‘tex-mex’ flavor. Garnish with lime wedges, avocado, and tortilla chips for a great starter or main dish option.

Chicken & Wild Rice Enchiladas (Angela Smith, Bluffton, SC)

This ethnic favorite combines tender, slow-roasted rotisserie chicken, black beans, red and green pepper, wild rice, and Monterey Jack and cheddar cheeses into a flavorful entrée brimming with ‘south of the border’ flair.

For these and other wild rice recipes, visit www.mnwildrice.org/search.php to access one of the most extensive wild rice recipe libraries found online and for information regarding our 2013 contest!

Healthy, nutritious and delicious – no wonder wild rice is the grain of choice for those who love versatility, freshness, and flavor.



Tradition! Wild rice is rich with tradition. It has grown naturally in the clean, clear waters of the North for centuries and as an agricultural crop for over 50 years. Wild rice really isn't rice at all. It's the seed of *Zizania palustris*, a tall blooming water grass that prospers in the lush vegetation of the Great Lakes region. For many years, wild rice was an important staple food of Native American tribes. It was called "manoomin," which translates to "good berry." Today, most wild rice is cultivated, yet it remains a natural product.



Simple & Convenient! One great advantage of wild rice is that it can be cooked ahead of time, refrigerated or frozen, and added at the last moment to almost any dish. To prepare this convenient product, simply add one cup of uncooked, cultivated wild rice to 3-4 cups of boiling water. Cover, reduce heat, and simmer 30-45 minutes or until grains start to open. Drain and store in re-sealable freezer bags. Cooked wild rice can be refrigerated up to one week or frozen up to six months.



Gourmet Flair! Wild rice adds flair to entrées, soups, and salads, lending its nutty texture and unique flavor to any dish. Keep cooked wild rice on hand to add elegance to your meals. Impress your family and friends by livening up some of your familiar favorites with style and panache:

Pilaf: Stir in wild rice, dried cherries, and toasted almonds to cooked white or basmati rice for a quick but elegant accompaniment to your grilled meats.

Pancakes: Add texture and taste to your Sunday morning brunch by swirling wild rice into your pancake batter. Serve with real maple syrup.

Omelets: Sauté fresh mushrooms in flavored oil. Add cooked wild rice and shredded Swiss or Gruyere cheese for a tasty filling.

Italian Wild Rice Salad: Combine chopped tomatoes, red onion, olives, and capers with a splash of Italian salad dressing and wild rice for a lovely, no-fuss accompaniment to grilled tuna, salmon, or trout.



Nutritious! Did you know wild rice has only 83 calories per ½ cup serving? This whole grain is a good source of fiber, protein, B-vitamins, and potassium. This nutritional grain is free of sodium, preservatives, and additives, making it the grain of choice for anyone who loves fresh ingredients, healthy dishes, and versatility.

To receive your free copy of the Council's latest recipe brochure, "*Minnesota Cultivated Wild Rice Recipes and Answers to Often Asked Questions*," featuring contest winning recipes and other wild rice favorites, including soups, appetizers, salads, entrées, and side dishes, send a self-addressed-stamped-envelope to:



Minnesota Cultivated Wild Rice Council
Newest Recipes
4630 Churchill St., #1
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WILD RICE & SAUSAGE FRITTATA

Anne Lauer, Hugo, MN

- 1 large Vidalia onion, sliced into ¼" thick rings
- 2 tbsp olive oil
- 1 pkg (7 oz) frozen Green Giant® Antioxidant Blend-Olive Oil Seasoning, prepared as directed on pkg
- 2 cups cooked wild rice
- 8 oz smoked pork sausage, cooked, diced
- 8 large eggs
- ⅓ cup half and half
- ¼ tsp each: salt and pepper
- ½ tsp Italian seasoning
- 1 cup Sargento® Fine Cut Shredded Mozzarella Cheese
- ⅓ cup Sargento® Artisan Blends® Shredded Parmesan Cheese

Preheat oven to 375°F. In ovenproof, non-stick 12" skillet, cook onion in oil until softened; arrange vegetables over onion. Spread wild rice and sausage evenly over vegetables; continue to cook. In medium bowl, beat eggs, half and half, and seasonings; pour over skillet mixture. Do not stir; reduce heat. Cook until eggs begin to set around edges; sprinkle cheeses on top. In same skillet, bake until set all the way through and top is golden (about 15 minutes). Remove from oven; let rest 5 minutes. Run knife gently around edges; carefully invert onto a large plate. 6 servings.

QUICK & SPICY PORK WILD RICE SOUP

Sally Sibthorpe, Shelby Township, MI

- 1 lb pork tenderloin, cut into bite-size pieces
- 1 tbsp chili powder
- 1 tsp salt
- 2 cloves garlic, minced
- 1 cup diced onion
- 3 tbsp olive oil
- 1 can (7 oz) Green Giant® Mexicorn®, drained
- 1 can (15 oz) pinto beans, drained
- 3 cups cooked wild rice
- 2 cups chicken broth
- 6 cups spicy bloody mary mix or spicy tomato juice cocktail
- 1 cup Sargento® Chef Blends™ Shredded Taco Cheese

Garnish: lime wedges, cubed avocado, chopped cilantro, and crumbled tortilla chips

In large saucepan, sauté pork, chili powder, salt, garlic, and onion in oil. Add remaining ingredients; bring to a boil. Simmer 5 minutes. Spoon into serving bowls; garnish. 6 servings.

CHICKEN & WILD RICE ENCHILADAS

Angela Smith, Bluffton, SC

- ½ cup diced onion
- ¼ cup each: diced green pepper and red pepper
- 1 tbsp butter
- 1 cup black beans, drained, rinsed
- 1 pkg (9 oz) frozen Green Giant® Simply Steam® Niblets® Corn, prepared as directed on pkg, drained
- 2 tsp sea salt
- 1 tsp pepper
- 2 tbsp taco seasoning
- ½ cup salsa
- 1 (3½ lbs) Gold'n Plump® Deli Rotisserie Chicken, meat removed, shredded
- 3 cups cooked wild rice
- ½ cup Sargento® Fine Cut Shredded Monterey Jack Cheese
- 16 flour tortillas, fajita size
- 1 cup Sargento® Fine Cut Shredded Mild Cheddar Cheese

Garnish: sliced green onions, sliced black olives, diced tomatoes

Cheese Sauce (whisk until smooth), divided:

- 2 cups salsa
- 1 cup Miracle Whip
- ½ cup milk
- 2 cans (10 oz each) fiesta nacho cheese soup
- 2 tbsp taco seasoning

Preheat oven to 350°F. In large skillet, sauté onion and peppers in butter. In large bowl, combine onion mixture, beans, and corn. Add seasonings and salsa; mix well. Stir in chicken, wild rice, and Monterey Jack cheese; set aside. Coat bottom of two 9x13 pans with ½ cup cheese sauce each. Place ½ cup enchilada mixture on each tortilla; roll, place seam down in pans. Repeat with all tortillas; pour remaining cheese sauce over tortillas. Bake 25 minutes; remove from oven, top with cheddar cheese. Bake 5 minutes; garnish. 8-12 servings.

Wild Rice & Sausage Frittata

Credit: Minnesota Cultivated Wild Rice Council



Quick & Spicy Pork Wild Rice Soup

Credit: Minnesota Cultivated Wild Rice Council



Chicken & Wild Rice Enchiladas

Credit: Minnesota Cultivated Wild Rice Council



Notes to Editor:

For an electronic copy of the photos and/or press release 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 cultivated wild rice. If you cannot accept the wild rice, we'd still appreciate a clipping to show our growers — **thanks!**

Readers responding to the brochure offer receive a "Mail Order Supplier" list along with the *Minnesota Cultivated Wild Rice Recipes and Answers to Often Asked Questions* brochure. Due to limited funding, it is necessary for readers to send a business size S-A-S-E (we are unable to fill phone or email requests).

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