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NEWS RELEASE

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Last Chance to Cast Your Vote in the “Get Wild with Wild Rice” Recipe Contest!

With only a few days left in National Rice Month (September), time is running out to vote for your favorite wild rice recipe in the 10th Annual “Get Wild with Wild Rice” recipe contest. Voting ends at midnight on September 30 for the 13 final “candidates” competing for the coveted “People’s Choice” Award. Recipe finalists include soups, salads, sides, and skillet and are featured on the Council’s website (mnwildrice.org).

Often referred to as the “Caviar of Grains™,” wild rice has long been a favorite of cooks who use it in soups, salads, sides, main dishes, and even desserts. Wild rice, a natural food with no preservatives or additives, is a whole grain containing no sodium, sugar, saturated fat or cholesterol and has more protein and fewer calories than white or brown rice. Wild rice is gluten-free and a great source of dietary fiber, phosphorus, calcium, and iron...all part of a healthy, well-balanced diet.

So be sure to cast your vote in this all-important contest by visiting mnwildrice.org and help your favorite recipe bring home the prize! (*One vote per person, IP addresses will be used to validate results.*)

2019 finalists include:

Wild Rice Green Chile Chicken Soup – Teresa Cardin, Stephenville, TX
Warm Wild Steak & Shiitake Salad – Roxanne Chan, Albany, CA
Mexican Pork & Cherry Skillet Mole – Roxanne Chan, Albany, CA
Wild Rice Pork & Beef Ramen Soup – Jeanne Holt, Mendota Heights, MN
Wild-Style Greek Salad – Steve Lauer, Stillwater, MN
Wild Rice Andouille Cheeseburgers with Jazzy Gouda Mayoli – Chera Little, Cedar Creek, TX
Chicken & Wild Rice Pot Pie Skillet – Debbie Reid, Clearwater, FL
Southeast Asian Wild Rice Pork Bowl – Donna Scarano, East Hanover, NJ
Smoky Wild Rice Zuppa Toscana – Mary Shivers, Ada, OK
Wildly Popular Crunchy Asian Slaw – Mary Shivers, Ada, OK
Wild Rice Chicken, Pear & Havarti Salad – Kim Van Dunk, Madison Heights, VA
Wild Chicken Fiesta – Cyndi Winsor, Duluth, GA
Wild Egg Roll in a Bowl – Natalie Yarbrough, Minnetonka, MN

For past contest winners’ recipes and the world’s largest online collection of wild rice recipes, visit mnwildrice.org/search.php. Pictures available upon request.