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## NEWS RELEASE

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# IT'S AN ELECTION YEAR, MAKE YOUR VOTE COUNT!

Help Celebrate National Rice Month - Vote for Your Favorite "Get Wild with Wild Rice" Recipe!

In celebration of National Rice Month, the Minnesota Cultivated Wild Rice Council needs your help in determining the "People Choice" winner of its 9<sup>th</sup> Annual "Get Wild with Wild Rice" recipe contest. Over 100 wild rice recipe entries have been whittled down to eleven finalists which will compete for the coveted cash prize. The recipe finalists include soups, salads, and skilletts and are featured on the Council's website ([mnwildrice.org](http://mnwildrice.org)).

Initiated in 1991, National Rice Month was established to help increase awareness of rice and recognize the contribution the rice industry makes to America's economy. National Rice Month celebrations will take place across America this September in grocery stores, restaurants, schools, and rice-growing communities.

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 take a moment this September to vote for your favorite wild rice recipe in the Council's "Get Wild with Wild Rice" recipe contest by visiting [mnwildrice.org](http://mnwildrice.org) and helping one lucky winner take home the cash prize! All votes must be cast by September 30<sup>th</sup>. (One vote per person, IP addresses will be used to validate results.)

### 2018 finalists include:

*Wild Rice Chili* – Carolyn Blakemore, Fairmont, WV  
*Creamy Tortellini & Wild Rice Italian Soup* – RaChelle Hubsmith, North Logan, UT  
*King Ranch-Style Chicken Salad* – Marybeth Mank, Mesquite, TX  
*Mexican Wild Rice Salad* – Emily Falke, Santa Barbara, CA  
*Mexican Elote Wild Rice* – Sharyn LaPointe Hill, Las Cruces, NM  
*Chicken Thai Wild Rice with Peanut Sauce* – Natalie Yarbrough, Minnetonka, MN  
*Chicken Gone Wild* – Sharon Holland, St. Louis Park, MN  
*Moo Shu Chicken Wild Rice Skillet* – RaChelle Hubsmith, North Logan, UT  
*Tuscan Ham & Wild Rice Gratin* – Debbie Reid, Clearwater, FL  
*Wild Italian Beef Skillet* – Roxanne Chan, Albany, CA  
*Flank Steak Napoleon with Wild Rice* – Tim Fligg, Gilberts, IL

For past contest winners' recipes and the world's largest online collection of wild rice recipes, visit [mnwildrice.org/search.php](http://mnwildrice.org/search.php). Pictures available upon request.