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NEWS RELEASE

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## **Vote for Your Favorite “Get Wild with Wild Rice” Recipe Today!**

*These are Candidates Everyone Can Support!*

In celebration of National Rice Month (September), the Minnesota Cultivated Wild Rice Council is asking for your help in determining the “People’s Choice” winner of its 10<sup>th</sup> Annual “Get Wild with Wild Rice” recipe contest. Over 100 wild rice recipe entries were whittled down to 13 final “candidates” which will compete for the coveted cash prize. The recipe finalists include soups, salads, sides, and skillet dishes and are featured on the Council’s website ([mnwildrice.org](http://mnwildrice.org)).

National Rice Month, established in 1991 to increase the awareness of rice as well as recognize the contribution the rice industry makes to America’s economy, is a month-long celebration taking place in grocery stores, restaurants, schools, and rice-growing communities across the country. Preparing one of our new delicious wild rice finalist recipes is a perfect way to join in this annual celebration.

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 help celebrate National Rice Month by voting for your favorite candidate (wild rice recipe) in our “Get Wild with Wild Rice” recipe contest by visiting [mnwildrice.org](http://mnwildrice.org) and helping one lucky aspiring chef take home the cash prize! Voting begins September 1 and all votes must be cast by September 30<sup>th</sup>. (*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](http://mnwildrice.org/search.php). Pictures available upon request.