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NEWS RELEASE

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## People's Choice Award on the Line for Wild Rice Finalists

*Help Celebrate National Rice Month - Vote for your favorite wild rice recipe today!*

Help the Minnesota Cultivated Wild Rice Council celebrate National Rice Month by voting for your favorite wild rice recipe in the "People's Choice" category of the 12<sup>th</sup> Annual "Get Wild with Wild Rice" recipe contest. Your nearest polling place is as close as your computer, so get online and help us choose the candidate with the best taste today!

Delicious wild rice recipes were submitted from all corners of the country – from Washington to Florida and from Arizona to Massachusetts – in each of four all new recipe categories: *Allergen Free* (containing no milk, eggs, peanuts, tree nuts, fish, shellfish, wheat, or soy), *5 Ingredients or Less*, *Healthy Eats* (containing at least one vegetable/fruit and are 500 or fewer calories per serving), and *Meals for Two*. "Run-offs" were held earlier this summer to determine the final 10 "candidates," all competing for your vote, a cash prize, and the coveted title of "People's Choice Champion!" All finalists are featured on the Council's website ([mnwildrice.org](http://mnwildrice.org)).

National Rice Month was established in 1991 to increase the awareness of rice and recognize the contribution the rice industry makes to America's economy. 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, appetizers, 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 in our "Get Wild with Wild Rice" recipe contest by visiting [mnwildrice.org](http://mnwildrice.org) and helping one lucky finalist 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.*)

### 2021 finalists include:

*Creamy Lemon Chicken Wild Rice Soup* – Donna Bardocz, Howell, MI  
*Date Night Wild Rice Tarts* – Pamela Gelsomini, Wrentham, MA  
*Ginger Sesame Chicken with Toasted Coconut Wild Rice* – Sharyn LaPointe Hill, Las Cruces, NM  
*Smokey Wild Rice Reuben Tartines* – Nancy Judd, Alpine, UT  
*Wild Rice Saltimbocca Steak Rolls* – Nancy Judd, Alpine, UT  
*Salsa Verde Wild Rice Chicken Stew* – Lisa Keys, Kennett Square, PA  
*Wild Rice Brazilian Stew for Two* – Lisa Keys, Kennett Square, PA  
*Thai for Two Forbidden Wild Rice* – Lori McLain, Denton, TX  
*Wild Rice Chicken Alfredo for Two* – Jamie Parchman, Harlingen, TX  
*Sicilian Shepherd's Pie Skillet* – Brenda Watts, Gaffney, SC

For past contest winning 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.