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NEWS RELEASE

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Wild Rice Finalists Vie for People's Choice Award

Vote for your favorite wild rice recipe to help celebrate National Rice Month!

The Minnesota Cultivated Wild Rice Council is asking for your help in celebrating National Rice Month by voting for your favorite wild rice recipe in the "People's Choice" category of the 13th Annual "Get Wild with Wild Rice" recipe contest. Creative and mouth-watering wild rice recipes were submitted from all over the country in the categories of appetizers, soups, salads, sides, entrees, and desserts & snacks. Now we need your help in declaring a winner. "Run-offs" were held earlier this summer to determine the final 14 "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 so go online at mnwildrice.org to register your vote!

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.

Help celebrate National Rice Month by voting for your favorite candidate in our "Get Wild with Wild Rice" recipe contest by visiting mnwildrice.org and helping one lucky finalist take home the cash prize! Voting begins September 1 and all votes must be cast by September 30th. (*One vote per person, IP addresses will be used to validate results.*)

2022 finalists include:

Zesty & Creamy Italian Wild Rice Soup – Anne Lauer, Hugo, MN
Chimichurri, Wild Rice, & Chorizo Soup – Adrienne Vradenburg, Bakersfield, CA
Wild Rice Stuffed Cabbage Soup – Lisa Keys, Kennett Square, PA
Border Wild Rice & Pollo Sopa – Sharyn LaPointe Hill, Las Cruces, NM
Wild Rice Reuben Egg Rolls – Frank Millard, Edgerton, WI
Musubi Pork Wild Rice Lettuce Wrap Salad – Brenda Watts, Gaffney, SC
Italian Grinder Style Wild Rice Salad – Lauren Wyler, Dripping Springs, TX
Watermelon Feta Wild Rice Salad – Sarah Meuser, New Milford, CT
Mexican Street Corn Wild Rice Salad – Natalie Yarbrough, Minnetonka, MN
Beet & Wild Rice Salad – Cheyenne Broughton, Minneapolis, MN
Steak & Avocado Chimichurri Wild Rice – Veronica Callaghan, Glastonbury, CT
Beef & Shiitake Wild Rice Umami Stir Fry – Pamela Gelsomini, Wrentham, MA
Wild Rice & Butternut Squash Skillet – Pamela Gelsomini, Wrentham, MA
'Popped' Espresso Mocha Pillow Crisps – Laura Kuella, Wellston, MI

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