



4630 Churchill Street, #1, St. Paul, MN 55126 • Phone: 651.638.1955 • Fax: 651.638.0756 • wr@mnwildrice.org

FOOD EDITORS RELEASE

Contact: Beth C. W. Nelson, President

MAKE *WILD RICE* THE CENTERPIECE OF YOUR THANKSGIVING FEAST

Wild Rice Holds the Key to a Superb Holiday Meal!

For many, Thanksgiving is the most popular holiday of the year. Whether it's all-day football, enjoying time with family and friends, or the anticipation of Black Friday shopping, Thanksgiving has something for just about everyone. But since Thanksgiving tends to be a food-centric holiday, there is one image more than any other that captures the spirit of the event, the magnificent Thanksgiving meal - specifically the golden brown turkey and the tender stuffing.

However, for those looking to add even greater appeal to that storied meal, consider incorporating the great taste of wild rice into your menu. A staple which can be used in a variety of ways, wild rice is the obvious choice to liven up your menu. Its distinctive nutty flavor and incredible versatility add great taste, ease, and elegance to any holiday meal.

One great option for infusing wild rice into your Thanksgiving meal is in the stuffing. And while there are millions of variations on it, whether you prefer yours with sausage, carrots, nuts, bacon, or extra sage, the secret ingredient that makes it truly spectacular is wild rice. The distinctive smoky flavor of wild rice is the perfect addition to a traditional-style stuffing, as well as to more contemporary fruited and walnut-based dressings.

Adding wild rice to salads which accompany your Thanksgiving staples can also be a creative way to utilize the great taste of wild rice. Consider our light and refreshing *Wild Rice Spinach Radicchio Salad* to add greens to your holiday meal.

Whatever your preference, you can be sure that wild rice will add that perfect touch of elegance to make your Thanksgiving dinner a memorable one. Try these great-tasting recipes:

Wild Rice Apricot Stuffing

For a flavorful new twist on a traditional sausage-based stuffing try *Wild Rice Apricot Stuffing*. This delicious complement to your holiday turkey combines pork sausage with dried apricot, apricot preserves, sliced green onion, and wild rice for a slightly sweet stuffing your guests will love.

Wild Rice Spinach Radicchio Salad

To add a healthier option to your Thanksgiving meal, try our *Wild Rice Spinach Radicchio Salad*. This healthy side combines wild rice with spinach, Honeycrisp apple, goat cheese, pistachio nuts, and fresh mint. Splash with the light, apple cider-infused dressing for a savory accompaniment to your favorite meal.

For even more great recipe ideas featuring the great taste of wild rice, search the world's largest wild rice recipe library for other ideas on how to make wild rice the star of your Thanksgiving meal (www.mnwildrice.org/search.php).

WILD RICE APRICOT STUFFING

- 12 oz pork sausage
- $\frac{3}{4}$ cup sliced green onion
- $\frac{3}{4}$ cup chopped celery
- $\frac{1}{4}$ cup butter
- 1 cup bread crumbs
- 3 cups cooked wild rice
- $\frac{3}{4}$ cup chopped dried apricots
- $\frac{1}{2}$ tsp thyme
- 1 tsp rosemary, crushed
- $\frac{1}{4}$ tsp salt
- 1 cup chicken broth
- 1 egg, beaten

Apricot Glaze:

- 1 jar (12 oz) apricot preserves
- 2 tbsp lemon juice
- 1 tbsp butter

In medium skillet, brown sausage; drain and set aside. In small skillet, sauté onion and celery in butter until tender. In large bowl, combine sausage, onions, celery, bread crumbs, wild rice, apricots, thyme, rosemary and salt. Stir in broth and egg. Place in buttered 2 quart casserole. Cover and bake at 350°F for 25 minutes. Uncover and continue baking 10 minutes. (Will also stuff a 10 lb turkey.)

Glaze: In medium saucepan, combine glaze ingredients. Bring to a boil, reduce heat and simmer 10 minutes. Serve with turkey over apricot stuffing.

WILD RICE SPINACH RADICCHIO SALAD

- 3 cups fresh spinach leaves, torn into bite-size pieces
- 1 cup radicchio leaves, torn into bite-size pieces
- 4 strips bacon, cooked and crumbled
- 2 cups cooked wild rice
- 1 Honeycrisp apple, skin on, cored, diced
- 2 oz goat cheese, crumbled
- $\frac{1}{3}$ cup shelled, salted pistachio nuts, chopped
- $\frac{1}{4}$ cup chopped mint

Dressing (whisk together, chill):

- $\frac{1}{3}$ cup canola oil
- 3 tbsp apple cider vinegar
- 1 tsp each: honey and Dijon mustard
- $\frac{1}{4}$ tsp each: salt and Japanese 7 Spice

In large bowl, combine ingredients. Add dressing; toss. 4 servings.

Wild Rice Apricot Stuffing



Wild Rice Spinach Radicchio Salad



Notes to Editor:

For high resolution photos call or email our office. If emailing, please specify your preferred photo format.

Due to limited funds, we are unable to utilize a clipping service. Run our release and send us a copy — we'll return the favor by sending you a ½ pound of wild rice. If you cannot accept the wild rice, we'd still appreciate a clipping to show our growers — ***thanks!***