

Thai for Two Forbidden Wild Rice

Lori McLain - Denton, TX
"Meals for Two" Category

- ¾ cup fresh or frozen pineapple chunks
- 1 clove garlic, minced
- 1 tsp grated fresh ginger
- 8 tbsp chopped green onion, divided
- ½ cup finely diced red onion
- 3 tbsp toasted sesame oil, divided
- ¼ cup diced carrots
- ¼ cup frozen shelled edamame
- 2 cups cooked wild rice
- 1 cup cooked, chopped Just Bare® Boneless Skinless Chicken Breast Fillets
- 2 tsp chili paste
- 1 tbsp soy sauce
- ¾ tsp honey roasted cashews, divided
- 3 tbsp chopped fresh cilantro

In a large skillet, sauté pineapple, garlic, ginger, 6 tbsp green onion, and red onion in 1 tbsp oil until pineapple starts to caramelize. Stir in carrots and edamame; sauté 3-5 minutes, stirring frequently. Add remaining oil and wild rice; cook 2-4 minutes. Add chicken, chili paste, soy sauce, and ½ cup cashews; heat through. Garnish with cilantro and remaining cashews and green onion. 2 servings.

Wild Rice Chicken Alfredo for Two

Jamie Parchman - Harlingen, TX
"Meals for Two" Category

- 4 Just Bare® Chicken Breast Tenderloins, cubed
- 1 tbsp canola oil
- ½ tsp each: salt and freshly ground black pepper, divided
- 4 oz cream cheese, cubed
- 3½ tbsp butter with canola oil
- ¾ cup whole milk
- ¾ cup shredded Parmesan cheese, divided
- 1 clove garlic, minced
- 2½ cups cooked wild rice

In a large skillet, stir-fry chicken in oil; season with ¼ tsp each salt and pepper. Set aside. In same skillet, stir cream cheese and butter until cheese starts to melt. Stir in milk, ½ cup Parmesan, garlic, and remaining salt and pepper; cook, stirring constantly 3 minutes. Fold in wild rice and chicken. Sprinkle with remaining Parmesan. 2 servings.

Chicken Wild Rice Pizza

"Farmer Favorite Recipe"

- 12 oz pizza dough
- 1 cup Alfredo sauce
- 1 cup shredded cheddar cheese, divided
- 1 cup shredded mozzarella cheese, divided
- ¼ cup chopped red onion
- ½ cup chopped mushrooms
- ½ cup shredded carrots
- 2 cups cooked, cubed Just Bare® Boneless Skinless Chicken Breast Fillets
- 1 cup cooked wild rice

Preheat oven to 450°F. Roll dough into 12" circle, about ¼" thick. Evenly spread sauce on dough; top with ¼ cup of each cheese. Layer remaining ingredients; top with remaining cheese. Bake 6-8 minutes or until golden brown. 2-4 servings.

Note: for a crispier crust, bake crust 4 minutes before adding toppings.

Wild Rice Saltimbocca Steak Rolls

Nancy Judd - Alpine, UT
"Other" Category

- 1¼ lbs top round beef steak cut Milanese style (will be four steaks about 5" wide by 10" long by ½" thick)
- 2 tsp each: steak seasoning and herbes de Provence, divided
- 8 slices (⅛" thick) havarti cheese
- 4 cups cooked wild rice, divided
- 8 tbsp snipped fresh sage, divided
- 4 oz thinly sliced prosciutto, divided
- 1 bottle (16 oz) sun-dried tomato vinaigrette
- 2 tbsp canola oil
- 1 lb fresh mozzarella cheese log, cut into 20 slices
- 4 tbsp chopped fresh parsley, garnish

Lay one steak on cutting board; sprinkle evenly with ½ tsp each steak seasoning and herbes de Provence. Place 2 cheese slices to cover steak; spread ½ cup wild rice over top of cheese. Sprinkle 2 tbsp sage over wild rice; layer 1 oz prosciutto over sage. Starting on short side, roll steak and secure with toothpicks; repeat process with remaining steaks. Slice each steak into 5 equal pinwheels (1" each); reinforce with toothpicks if necessary. Put vinaigrette into a small shallow bowl; dip each pinwheel into dressing, covering entire pinwheel. In large skillet, heat oil; add pinwheels and cook 2-3 minutes on one side. Turn pinwheels over; place 1 mozzarella slice on top of each pinwheel. Put lid on skillet; cook another 2-3 minutes until steaks are done and cheese is melted. Repeat process with all pinwheels. Add remaining vinaigrette to skillet. Spoon remaining wild rice on a warm serving plate; place pinwheels over wild rice. Remove toothpicks. Pour liquid from skillet over top of all. Garnish. 4-6 servings.

September is National Rice Month!

"Get Wild with Wild Rice" Recipe Contest

Ten finalists are featured in this brochure (green font).

Visit mnwildrice.org in September to vote for your favorite & search our wild rice recipe library!

Join the next contest... send your contact information to wr@mnwildrice.org or visit MN Cultivated Wild Rice Council on Facebook, Twitter, Instagram, or Pinterest.

Nutrients Based on ½ cup serving (cooked)	Wild Rice	Enriched White Rice (long grain)	Brown Rice (long grain)
Calories	83	103	124
Protein, g	3.27	2.13	2.77
Fat, g	0.28	0.22	0.98
Dietary Fiber, g	1.50	0.30	1.60
Total Carbohydrate, g	17.50	22.25	25.84
Minerals			
Phosphorus, mg	67.00	34.00	104.00
Iron, mg	0.49	0.95	0.57
Potassium, mg	83.00	28.00	87.00
Zinc, mg	1.10	0.39	0.72
Vitamins			
Riboflavin, mg	0.07	0.01	0.07
Niacin, mg	1.06	1.17	2.59
Vitamin E, mg	0.20	0.03	0.17

Source: USDA National Nutrient Database for Standard Reference, Legacy Release (2018).

Answers to Frequently Asked Questions About...

WildRice

Is wild rice nutritious?

Yes, wild rice is nutritious! It's a high-fiber complex carbohydrate, high in quality protein and low in fat, with only 83 calories per half-cup serving.

Does wild rice volume increase when cooked?

1 cup uncooked wild rice = 3-4 cups cooked wild rice... that's 6-8 servings from just one cup uncooked wild rice!

Is wild rice expensive?

At \$6 per pound, it's less than 38¢ per serving!

How long can I keep wild rice?

Uncooked wild rice keeps up to 5 years in an airtight container. Cooked wild rice (plain) keeps 1 week when refrigerated. Drain well; store in airtight container.

How do I prepare wild rice?

Wild rice is easy to prepare! Add 1 cup uncooked cultivated wild rice to 3-4 cups boiling water. Return to boil; stir. Cover and simmer 30-60 minutes or until kernels begin to open. Drain any excess liquid. After cooking with wild rice you will define your preferred cook time and water content – texture of wild rice is a personal preference. For a chewier texture, cook for less time. For a tender, fluffier texture, cook longer.

Can I freeze wild rice?

ABSOLUTELY – cooking and freezing ahead of time turns wild rice into a convenience food! Cooked wild rice (plain) will keep about 6 months in your freezer. Drain well; store in airtight containers. To use, thaw in refrigerator overnight or microwave on "defrost" setting for a few minutes.

Can I use wild rice in sweetened recipes?

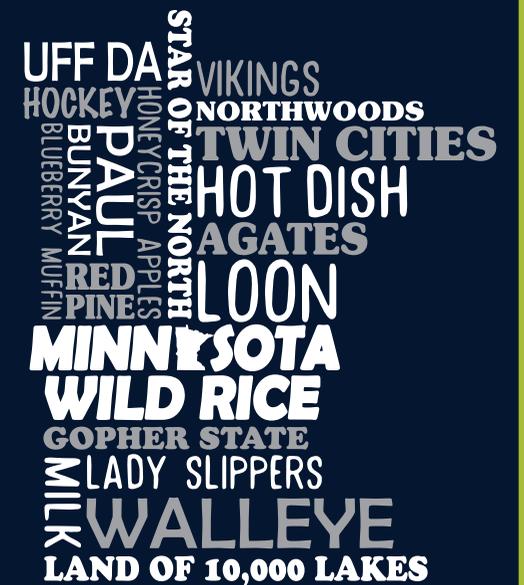
Wild rice has a tendency to revert back to hard kernels when combined with sweeteners. Using well-cooked and chopped wild rice helps prevent this. Sweetened recipes are best when served within 24 hours.

Is there a difference in cooking characteristics or nutritional value of wild rice grown in paddies compared to that grown in lakes and rivers?

When identically processed there are no differences. Various harvesting and processing methods cause a greater variation in the kernel than the source of production.

Facts!

1. Wild rice is the only cereal grain native to North America.
2. Wild rice is Minnesota's official state grain.
3. Minnesota is proud to be one of the world's largest producers of cultivated wild rice, producing 7-12 million pounds annually.
4. Cultivated wild rice paddies provide a great habitat for waterfowl and other wildlife.
5. Wild rice is gluten-free.



MINNESOTA WILD RICE

Recipes & Answers to Frequently Asked Questions

2021-2022 Edition

Minnesota Cultivated Wild Rice Council
4630 Churchill Street, #1
St. Paul, MN 55126

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www.mnwildrice.org

Soups

Classic Creamy Wild Rice Soup

"World's Most Requested Wild Rice Recipe"

- ½ cup finely chopped onion
- 6 tbsp butter with canola oil
- ½ cup flour
- 4 cups chicken broth
- 2 cups cooked wild rice
- ½ cup shredded carrots
- 2 cups ham, cubed
- 3 tbsp slivered almonds
- ½ tsp salt
- 1 cup half & half
- 2 tbsp dry sherry

In large saucepan, sauté onion in butter. Add flour, stirring until bubbly; gradually stir in broth. Stir in wild rice, carrots, ham, almonds, and salt; simmer 5 minutes. Stir in half & half and sherry; heat through. 6 servings.

Wild Rice Brazilian Stew for Two

Lisa Keys - Kennett Square, PA
"Meals for Two" Category

- 2 slices thick cut bacon, chopped
- 1 boneless pork loin chop, cut into bite-size pieces
- 1 andouille sausage link, thinly sliced
- 1 medium onion, chopped
- ½ red bell pepper, seeded, diced
- 1 clove garlic, minced
- 1 tsp kosher salt
- ½ tsp ground black pepper
- 4 fresh orange slices (2 peeled and segmented), divided
- 1 can (15 oz) black beans, undrained
- ½ cup low sodium chicken broth
- 3 tbsp chopped fresh cilantro, divided
- 1 cup cooked wild rice

In large saucepan, cook bacon until crisp; set bacon aside. In bacon drippings, stir-fry pork; add sausage. Cook 2 minutes; set meat aside. In drippings, cook onion and red pepper until softened. Add garlic, salt, pepper, and meat. Add 2 segmented orange slices, beans, broth, and 2 tbsp cilantro; bring to boil. Stir in wild rice. Reduce to simmer until heated through. Ladle into bowls; garnish with remaining orange slices and cilantro. 2 servings.

Salsa Verde Wild Rice Chicken Stew

Lisa Keys - Kennett Square, PA
"Healthy Eats" Category

- 4 Just Bare® Boneless Skinless Chicken Thighs, cut into bite-size pieces
- 2 tbsp canola oil
- 1 link (3-4 oz) fully cooked chorizo sausage, diced
- 1 jar (12 oz) salsa verde
- 1 can (14.5 oz) low sodium chicken broth
- 2 cups cooked wild rice
- 1 cup sweet corn
- 2 tbsp chopped fresh cilantro
- fresh lime wedges, garnish
- shredded Mexican cheese, optional garnish

In large saucepan, stir-fry chicken in oil. Add sausage; cook 1 minute. Stir in salsa, broth, wild rice, and corn; bring to boil. Reduce to simmer for 5 minutes. Stir in cilantro. Ladle into bowls; garnish. 4 servings.

Creamy Lemon Chicken Wild Rice Soup

Donna Bardocz - Howell, MI
"Healthy Eats" Category

- 64 oz chicken bone broth
- 1 cup each, finely diced: carrots and celery
- ½ cup finely diced onion
- ⅓ tsp garlic powder
- ¼ cup unsalted butter, melted
- ⅓ cup cornstarch
- 1 pkg (8 oz) cream cheese, softened
- 2 cups cooked wild rice
- 2 cups cooked, cubed Just Bare® Boneless Skinless Chicken Breast Fillets
- ½ tsp each: freshly ground black pepper and sea salt
- ½ cup fresh lemon juice
- lemon slices, garnish

In a large saucepan, combine first 5 ingredients. Bring to a boil; reduce to simmer for 20 minutes. In small bowl, blend butter and cornstarch; gradually stir into soup. Simmer 10 minutes; stir frequently. Stir in cream cheese until melted. Add wild rice, chicken, pepper, salt, and lemon juice. Ladle into bowls; garnish. 8 servings.

Salads

Teriyaki Wild Rice Salad

"Staff Favorite Recipe"

- 1¼ lbs boneless pork loin chops, cooked and cubed
- 4 cups cooked wild rice
- 1¾ cups chopped fresh spinach
- ½ cup dried cranberries
- ⅓ cup sesame seeds, toasted
- 1 can (11 oz) mandarin oranges, drained
- ¼ cup roughly chopped cilantro leaves
- 1 cup chopped matchstick carrots

Dressing (whisk together; chill):

- ⅓ cup teriyaki sauce
- 2 tbsp rice vinegar
- ½ tsp each: garlic powder, onion powder, and kosher salt
- ¼ tsp ground black pepper
- 1 tbsp sugar
- ⅓ cup canola oil
- 1 tbsp sesame seeds, toasted

In large bowl, combine ingredients. Add dressing; toss. 6-8 servings.

Chophouse Wild Rice Salad

"Staff Favorite Recipe"

- 1 lb sirloin steak, grilled, sliced
- 3 cups cooked wild rice
- 1 cup halved grape tomatoes
- ½ cup chopped red onion
- ½ cup chopped yellow bell pepper
- ½ cup chopped green bell pepper
- 1 pkg (4 oz) crumbled blue cheese

Dressing (whisk together; chill):

- ⅓ cup balsamic vinegar
- ¼ cup canola oil
- ½ tsp salt
- 1 tbsp Dijon mustard
- ½ tsp minced garlic

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

Entrees

Sicilian Shepherd's Pie Skillet

Brenda Watts - Gaffney, SC
"5 Ingredients or Less" Category

- 1 lb ground pork Italian sausage
- 1 cup prepared tomato pasta sauce
- 2 cups cooked, cubed, butternut squash
- 1 cup cooked wild rice
- ⅓ cup crumbled feta cheese

In large skillet, sauté sausage until cooked through. Add in next three ingredients; heat through. Top with feta cheese. 4 servings.

Ginger Sesame Chicken with Toasted Coconut Wild Rice

Sharyn LaPointe Hill - Las Cruces, NM
"5 Ingredients or Less" Category

- 8 Just Bare® Boneless Skinless Chicken Thighs
- 1 bottle (12 oz) ginger sesame marinade, divided
- 3 cups cooked wild rice
- 1 cup coconut flakes, toasted
- 2 tbsp canola oil

Place chicken in resealable plastic bag with marinade (reserving ⅓ cup); squeeze bag to coat chicken. Lay flat in refrigerator; marinate 1-8 hours. Before cooking, let chicken come to room temperature. In medium bowl, combine wild rice, reserved ⅓ cup marinade, and toasted coconut flakes; stir gently to combine. Remove chicken from marinade (discard marinade). In large skillet, cook chicken in oil; remove and chop. In same skillet, combine rice mixture and chicken; heat through. 4 servings.

Wild Rice Barron

"Farmer Favorite Recipe"

- 2 cups sour cream
- ¼ cup soy sauce
- 2 tsp salt
- ¼ tsp pepper
- 2 lbs lean ground beef
- 1 can (8 oz) sliced mushrooms, drained
- ½ cup chopped celery
- 1 cup chopped onion
- ½ cup butter
- 6 cups cooked wild rice
- ½ cup sliced almonds, divided
- fresh parsley, garnish

In large bowl, whisk sour cream, soy sauce, salt, and pepper; set aside. In large skillet, brown beef; set aside. In same skillet, sauté mushrooms, celery, and onion in butter 5-10 minutes. Stir in wild rice, 6 tbsp almonds, beef, and sour cream mixture; heat through. Garnish with remaining almonds and parsley. 10-12 servings.

Note: may be placed in lightly greased 3-qt casserole and baked 1 hour at 350°F. Stir several times during baking; add water if necessary.

Minimum Internal Meat Temperature Guide

Beef Steak/Pork Chops	145°F; allow 3 min. rest
Ground Beef/Pork	160°F
All Poultry	165°F

Color is not an indication of doneness. To measure temperature, insert a meat thermometer into thickest portion of meat. Source: USDA, Food Safety Information (May 2020)

Date Night Wild Rice Tarts

Pamela Gelsomini - Wrentham, MA
"Meals for Two" Category

- 4 slices bacon, chopped into ½" pieces
- 1 cup chopped leek, white and light green parts
- 2 cloves garlic, chopped
- 1 cup cremini mushrooms, chopped
- ½ lb Just Bare® Boneless Skinless Chicken Breast Fillets, cut into bite-size pieces
- ½ tsp each: salt and ground black pepper
- 1 cup cooked wild rice
- 1 sheet frozen puff pastry, thawed
- 1 pkg (5.2 oz) garlic and herb cheese
- ⅔ cup shredded Gruyère cheese
- 1 egg yolk
- 2 tsp water
- 2 tsp chopped chives, garnish
- 2 tbsp microgreens, garnish

Preheat oven to 400°F. In large skillet, cook bacon until crisp. Add leek, garlic, and mushrooms; cook until softened. Add chicken; stir frequently until barely cooked through. Stir in salt, pepper, and wild rice. Remove from heat; cool slightly while preparing dough. Place pastry on a lightly floured surface. Using rolling pin, roll into a 11" x 13" rectangle; cut dough in half forming two 11" x 6½" rectangles. Place on large parchment paper lined baking sheet. Crumble garlic and herb cheese evenly over both; leave 1" of dough exposed around edges. Top with cooled filling; sprinkle with Gruyère. Pulling slightly, fold edges over filling leaving center exposed; pinch edges together. In small bowl, combine yolk and water; brush over dough edges. Bake 15 minutes until puffed and golden brown. Garnish. 2 servings.

Smoky Wild Rice Reuben Tartines

Nancy Judd - Alpine, UT
"Meals for Two" Category

- 2 tbsp chive and onion cream cheese, softened
- ⅓ cup mayonnaise
- ¾ cup shredded sharp cheddar cheese
- ⅓ cup shredded smoked Gouda cheese
- 1½ tsp smoked paprika, divided
- 1 tsp caraway seeds, divided
- ½ cup sauerkraut, well drained, patted dry
- 4 slices thick cut, black pepper bacon, cooked crisp and chopped, divided
- 1 cup cooked wild rice
- 3 oz deli corn beef, chopped
- 1½ cups finely shredded coleslaw blend
- 2 tbsp finely diced red onion
- ⅔ cup Thousand Island dressing, divided
- salt and pepper, to taste
- 4 large slices marbled rye bread, toasted
- chopped fresh parsley, garnish

In medium bowl, combine cream cheese, mayonnaise, cheeses, 1 tsp paprika, ½ tsp caraway seeds, sauerkraut, and three quarters of the bacon; mix well. Add wild rice and corned beef; mix until well blended. In another bowl, toss coleslaw, onion, and 5 tbsp dressing. Add ¼ tsp caraway seed, salt, and pepper. Spread 1½ tbsp Thousand Island on one side of each piece of toast; spread to edges. Evenly spread wild rice mixture to edges. Place on baking pan; broil until cheese is hot and bubbly. Evenly spread coleslaw mixture on toast. Sprinkle with remaining bacon, caraway seeds, and paprika; top with parsley. 2 servings.