

## Side

### Pan "Fried" Wild Rice

Lisa Keys - Kennett Square, PA

- 2 cups cooked wild rice
- ¾ cup each: shredded carrots and frozen baby peas
- 1 egg, lightly beaten and softly scrambled
- thinly sliced scallions and toasted sesame seeds, garnish

#### Sauce (whisk together):

- 2 tbsp each: canola oil and low-sodium soy sauce
- 1 tsp toasted sesame oil
- 2 cloves garlic, grated
- 1 tbsp grated fresh ginger
- 1 tsp kosher salt
- ¼ tsp white pepper

In large skillet, combine wild rice, carrots, and sauce; cook until carrots are tender. Stir in peas and egg; heat through. Garnish. 4 servings.

## Entrees, continued

### Argentine Wild Cherry Chicken Platter

Laura Kurella - Wellston, MI

- 1 lb Just Bare® Boneless Skinless Chicken Thighs, cubed salt and pepper, to taste
- 2 tbsp canola oil
- 2 cups cooked wild rice
- fresh lime wedges and cilantro, garnish

#### Chimichurri (blend in food processor; chill at least one hour):

- 2 cloves garlic, peeled
- 1 small shallot, peeled
- 2 tbsp each: dry red wine (or red wine vinegar) and fresh lime juice
- ½ cup pitted fresh cherries (tart or dark)
- 8 sprigs fresh cilantro
- 4 sprigs fresh parsley
- 4 fresh mint leaves
- ¼ tsp crushed red pepper flakes
- 1 tsp pink sea salt
- ½ cup canola oil

In medium skillet, brown chicken with salt and pepper in oil. Stir in wild rice; heat through. Drizzle with chimichurri; garnish. 4 servings.

### Philly Cheesesteak 'N Wild Rice Bowls

Brenda Watts-Gaffney, SC

- 1 large each, sliced: sweet onion, and green and red bell pepper
- 8 oz cremini mushrooms, washed, dried, and sliced
- 3 tsp each: salt and ground black pepper, divided
- 7 tbsp canola oil, divided
- 5 tbsp butter, divided
- 1 tsp garlic powder
- 4 New York strip steaks (8 oz ea)
- 4 cups cooked wild rice, warmed
- 4 oz provolone cheese, shredded

In large skillet, sauté onion, bell peppers, mushrooms, 1½ tsp salt, and 1½ tsp black pepper in 5 tbsp oil and 1 tbsp butter, 4 minutes. Set aside; keep warm. Season steaks with 1 tsp each: salt, black pepper, and garlic powder. In large skillet, fry steaks in 2 tbsp oil and 2 tbsp butter, until desired doneness. Rest 3 minutes; slice. In large bowl, melt 2 tbsp butter; stir in ½ tsp salt, ½ tsp black pepper, and wild rice. Mix in steak, cheese, and vegetables. 4 servings.

### Creole Beef, Bacon & Wild Rice

Sharyn LaPointe Hill - Las Cruces, NM

- 4 beef tenderloin steaks (4 oz ea)
- 3 tbsp canola oil, divided
- 8 slices thick sliced bacon, cooked and chopped
- 1 medium each, chopped: red and yellow bell pepper, and shallot
- 4 cloves garlic, minced
- 3 cups cooked wild rice
- ¾ cup each, pitted and halved: green and Kalamata olives
- 1 jar (3 oz) capers, drained
- ¼ cup fresh lemon juice
- ½ cup shredded Provolone cheese, garnish

#### Rub (coat steaks):

- 2 tbsp Creole seasoning
- 1 tsp brown sugar
- ½ tsp salt

In large skillet, fry rubbed steaks in 2 tbsp oil, until desired doneness. Rest 3 minutes. Thinly slice steak and combine with bacon; keep warm. In same skillet, sauté peppers, shallot, and garlic in 1 tbsp oil, 2 minutes. Gently stir in remaining ingredients; heat through. Divide on serving plates; top with steak mixture. Garnish. 4 servings.

### Wild Banana Blueberry Pecan Pancakes

Natalie Yarbrough - Minnetonka, MN

- 2¼ cups all-purpose flour
- ½ tsp salt
- 1 tsp lemon zest
- 1 tsp cinnamon
- 2 tsp each: baking soda and baking powder
- 2 large eggs
- 2 tbsp brown sugar
- 2 cups buttermilk
- ¼ cup melted butter
- 1 banana, mashed
- 1 tsp vanilla extract
- 1 cup blueberries
- ¾ cup chopped pecans
- 1 cup cooked wild rice
- 4 tbsp canola oil
- maple syrup

In large bowl, mix first 6 ingredients. In separate large bowl, whisk eggs and brown sugar. Stir in buttermilk, butter, banana, and vanilla until combined; add to dry mixture. Do not overmix. Fold in berries, pecans, and wild rice. In large skillet, heat 1 tbsp oil. Ladle in 3 pancakes using ½ cup of batter for each; cook 3 minutes. Flip; cook 1 minute. Repeat. Serve with syrup. 4 servings.

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
<b>Minerals</b>			
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
<b>Vitamins</b>			
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

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.

#### 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.

#### 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 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 the world's largest producer 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

2024-2025 Edition

Minnesota Cultivated Wild Rice Council  
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St. Paul, MN 55126

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www.mnwildrice.org

## Soups

### Creamy Wild Rice Sausage Tomato Soup

*Pamela Gelsomini - Miami, FL*

- 1 lb ground sweet Italian sausage
- 2 tbsp canola oil
- 1 large onion, chopped
- 8 cloves garlic, chopped
- ¼ cup chopped fresh sage leaves
- 1 can (28 oz) San Marzano tomatoes
- 2 tbsp tomato paste
- 1 tsp each: salt and ground black pepper
- 2 tsp Italian seasoning
- 4 cups chicken stock
- 1 cup heavy cream
- 3 cups cooked wild rice
- ¾ cup grated Parmesan cheese
- 3 cups packed baby spinach leaves

In large saucepan, brown sausage in oil. Stir in onion, garlic, and sage; cook 6 minutes. Stir in tomatoes, tomato paste, salt, pepper, and Italian seasoning; cook 3 minutes, breaking-up tomatoes. Add stock; bring to a boil. Stir frequently. Add cream and wild rice; return to a boil. Reduce heat; simmer 10 minutes. Stir in cheese, ¼ cup at a time. Add spinach before serving; stir until wilted. 6 servings.

### Wild African Chicken Peanut Butter Soup

*Natalie Yarbrough - Minnetonka, MN*

- 1 large each, diced: white onion and red bell pepper
- 2 tbsp canola oil
- 4 cloves garlic, minced
- 1 tbsp minced fresh ginger
- 1 jalapeño, seeded and finely diced
- ½ cup tomato paste
- ½ tsp ground black pepper
- 1 tsp salt
- 5 cups chicken stock
- 1 large sweet potato, peeled and cut into ½" cubes
- 1½ cups shredded carrots
- 2 tbsp honey
- 1 cup peanut butter
- 1 can (14 oz) coconut milk
- 2½ cups cooked wild rice
- 8 oz Just Bare® Boneless Skinless Chicken Breast Fillets, cooked and shredded
- chopped peanuts, lime juice, sour cream, and cilantro, garnish

In large saucepan, sauté onion and bell pepper in oil, 4 minutes. Add garlic, ginger, and jalapeño; sauté 2 minutes. Add tomato paste, black pepper, salt, stock, sweet potato, carrots, honey, and peanut butter. Bring to a boil; stir until well blended. Reduce heat; simmer until sweet potato is tender. Add coconut milk, wild rice, and chicken; heat through. Serve warm; garnish. 6 servings.

#### September is National Rice Month!

#### "Get Wild with Wild Rice" Recipe Contest

Eleven finalists are featured in this brochure (green font). Visit [mnwildrice.org](http://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](mailto:wr@mnwildrice.org) or visit MN Cultivated Wild Rice Council on Facebook, X (formerly Twitter), Instagram, or Pinterest.

### Wild Rice Taco Soup

*Karen Smithson - Quitman, AR*

- ½ lb each, ground: pork and turkey
- 1 medium yellow onion, chopped
- 2 tbsp minced garlic
- 1 tbsp canola oil
- 2 tsp ground cumin
- 2½ tbsp chili powder
- 1 tsp salt
- 1 can (28 oz) crushed tomatoes
- 4 cups chicken broth
- 1 can (15 oz) black beans, drained and rinsed
- 2 cups frozen corn
- 8 oz cream cheese, cubed
- 2½ cups cooked wild rice
- ½ cup chopped cilantro, divided
- tortilla strips, garnish

In large saucepan, brown pork, turkey, onion, and garlic, in oil. Add seasonings, tomatoes, broth, beans, corn, and cream cheese; stir until well blended. Reduce heat. Add wild rice and ¼ cup cilantro; heat through. Garnish with tortilla strips and ¼ cup cilantro. 8 servings.

### 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 cooked and cubed Just Bare® Chicken Breast Tenders
- 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, chicken, almonds, and salt; simmer 5 minutes. Stir in half & half and sherry; heat through. 6 servings.

## Salads

### Saucy Peanut & Wild Rice Slaw

*Ronna Farley - Rockville, MD*

- 1½ cups cooked wild rice
- ¼ cup shredded carrots
- 1½ cups shredded cabbage
- 1 green onion, sliced
- 1 tsp snipped cilantro
- ½ tsp black sesame seeds
- 2 tbsp chopped peanuts, garnish

#### Dressing (whisk together; chill):

- ½ cup crunchy peanut butter
- ¼ cup brown sugar
- 1 tbsp soy sauce
- ¼ cup canola oil
- 2 tbsp lemon juice
- ¼ tsp each: garlic powder and ground ginger

In large bowl, combine ingredients (except garnish). Add dressing; toss. Garnish. 6 servings.

### Firecracker Beef & Wild Rice Salad Bowl

*Emily Falke - Santa Barbara, CA*

- ½ lb lean ground beef
- 3 cloves garlic, minced
- ¼ tsp crushed red pepper flakes
- 2 tbsp canola oil
- 1 cup finely shredded red cabbage
- 2 green onions, finely sliced
- 1 small cucumber, chopped
- 1 carrot, julienned
- 4 radishes, thinly sliced
- 1½ cups cooked wild rice
- cilantro, toasted sesame seeds, and sriracha sauce, garnish

#### Dressing (whisk together):

- 1 tbsp each: soy sauce, hoisin sauce, and rice vinegar
- 2 tbsp each: sriracha sauce and brown sugar

In large skillet, brown beef, garlic, and chili flakes in oil. Stir in dressing; cook until beef caramelizes. Remove from heat; stir in remaining ingredients. Garnish. 4 servings.

### Cherry Chicken Wild Rice Salad

*"Staff Favorite Recipe"*

- 1 pkg (18 oz) Just Bare® Boneless Skinless Chicken Breast Fillets, cooked and cubed
- ¾ cup chopped red onion
- ¾ cup thinly sliced celery
- 2 cups cooked wild rice
- 1 pkg (5 oz) dried cherries
- ½ cup toasted walnuts

#### Dressing (whisk together; chill):

- 1 cup each: mayonnaise and bottled poppyseed dressing
- 1½ tsp salt
- ¼ tsp pepper

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

### Wild BBQ Pork Salad

*"Staff Favorite Recipe"*

- ½ cup each: sweet barbecue sauce and mayonnaise
- 2 cups cooked wild rice
- 2 ribs celery, thinly sliced
- 1 can (11 oz) mandarin oranges
- 1 lb boneless pork tenderloin, cubed
- 1 tbsp butter
- 1 tsp toasted sesame seeds
- 2 tsp fresh rosemary leaves, minced

In large bowl, mix barbecue sauce and mayonnaise. Stir in wild rice, celery, and oranges; set aside. In large skillet, brown pork in butter; cook through. Stir in sesame seeds and rosemary, 1 minute. Combine with wild rice mixture. 4 servings.

#### 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)

### Wild Rice & Turkey Salad

*"Staff Favorite Recipe"*

- 3 cups cooked wild rice
- 12 oz boneless turkey breast, cooked and cubed
- ¾ cup finely diced red onion
- ½ cup each: toasted pepitas, dried blueberries, and dried cranberries

#### Dressing (whisk together; chill):

- 1 tbsp ground cinnamon
- 1 tsp each: ground ginger, salt, and ground black pepper
- ½ tsp ground mustard
- 2 tbsp each: apple cider vinegar and walnut oil
- 6 tbsp canola oil

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

### Wild Rice & Herb Pork Tomatoes Farcies

*Brenda Watts - Gaffney, SC*

- 6 large beefsteak tomatoes
- 8 oz ground pork
- ½ tsp each: salt and ground black pepper
- 4 tbsp canola oil, divided
- ½ cup each, diced: red onion and green bell pepper
- 2 cloves garlic, minced
- 2 tbsp finely torn fresh basil
- 1½ tsp each: Italian seasoning and fennel seeds
- 1½ cups cooked wild rice
- ¾ cup finely shredded Parmesan cheese
- 1 large egg, beaten
- 6 small sprigs fresh basil, garnish

Preheat oven to 350°F. Cut off tops of tomatoes; reserve. Scoop out insides; discard pulp. Place tomato shells and tops upside down on paper towels to drain excess moisture. In large skillet, brown pork with salt, and black pepper in 2 tbsp oil, 3 minutes. Stir in onion, bell pepper, garlic, basil, Italian seasoning, and fennel, 2 minutes. Fold in wild rice, cheese, and egg until combined; remove from heat. Brush inside of a baking dish with 2 tbsp oil. Place tomatoes into baking dish; divide filling into each. Bake 18 minutes; remove from oven. Add tomato tops; bake 7 minutes. Serve warm; garnish. 6 servings. *Skillet option: Chop tomatoes. In large skillet, combine all ingredients; heat through.*

## Entrees

### Turkey Barron Skillet

*"Farmer Favorite Recipe"*

- 1 cup sour cream
- 2 tbsp soy sauce
- 1 tsp each: salt and ground black pepper
- 1 can (4 oz) sliced mushrooms, drained
- ½ cup each, chopped: celery and onion
- ¼ cup butter
- 1 lb turkey breast, cooked and shredded
- 3 cups cooked wild rice
- ¼ cup sliced almonds, divided
- fresh parsley, garnish

In large bowl, whisk sour cream, soy sauce, salt, and pepper; set aside. In large skillet, sauté mushrooms, celery, and onion in butter. Stir in turkey, wild rice, 2 tbsp almonds, and sour cream mixture; heat through. Garnish with remaining almonds and parsley. 6 servings.

*Baking option: Place in lightly greased 3-qt casserole; bake 1 hour at 350°F. Stir several times during baking; add water if necessary.*