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NEWS RELEASE

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## **It's an Election Year - Vote for a Candidate with Good Taste!**

*Vote for your favorite wild rice recipe!*

In this election year, help the Minnesota Cultivated Wild Rice Council celebrate National Rice Month by voting for the winner of the "People's Choice" award for its 11<sup>th</sup> Annual "Get Wild with Wild Rice" recipe contest. "Primaries" were held earlier this summer to determine the 12 final "candidates," all competing for your vote and a coveted title & cash prize. Recipes came in from coast to coast and included soups, salads, appetizers, sides, and entrées and are featured on the Council's website ([mnwildrice.org](http://mnwildrice.org)). Your nearest polling place is as close as your computer, so help us choose the candidate with the best taste today!

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.*)

### **2020 finalists include:**

*Wild Rice Steak & Cheddar Pies* – Veronica Callaghan, Glastonbury, CT

*Maple Tahini Wild Rice Salad* – Kayla Capper, Ojai, CA

*Meat Lovers Bouillabaisse* – Roxanne Chan, Albany, CA

*Wild Rice & Pork Salad Gribiche* – Rozanne Chan, Albany, CA

*Wild Rice 'N Roasted Asparagus* – Barb Estabrook, Appleton, WI

*Wild Rice Spinach Radicchio Salad* – Emily Falke, Santa Barbara, CA

*Thai Wild Rice-Coconut Chicken Soup* – Nancy Judd, Alpine, UT

*Warm Wild Rice & Chicken Bahn Mi Salad* – Lisa Keys, Kennett Square, PA

*Cancun Crema Wild Rice Chowder* – Sharyn LaPointe Hill, Las Cruces, NM

*Pork & Beef Wild Rice Hawaiian Sliders* – Chera Little, Cedar Creek, TX

*Wild Rice & Pork Wontons* – Chelsea Madren, Fullerton, CA

*Cinnamon Sugar Chips with Wild Rice Salsa* – Natalie Yarbrough, Minnetonka, MN

For past contest winners' 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.