In a large skillet, brown beef, onion, and peppers in oil. Mix in 1 can (10.5 oz) golden mushroom soup, ¼ tsp freshly ground black pepper, ¾ cup finely chopped parsley, divided. 1 box (9 oz) frozen Green Giant® Steamers Sweet Peas, 1 pkg (12 oz) applewood smoked bacon, cooked and crumbled. 2 tbsp canola oil, canola cooking spray, 1 cup Sargento® Chef Blends® Shredded 4 State Cheddar® Cheese, 1 cup crumbled bleu cheese. Gently stir in blueberries. 6 servings.

Preheat oven to 350°F. In large bowl, combine beef, sausage, wild rice, egg, oats, salt, and pepper; set aside. In large skillet, saute onion, green pepper, mushrooms, and garlic in oil; set aside. Press meat on a 12”x18” sheet of lightly sprayed foil; short side facing you. Top with cheese and vegetable mixture, leaving a ½” border along sides and short edge opposite you. Start with short side closest to you, lift foil to gently roll meat. Pinch edges and ends to seal. Wrap tightly in foil; place on baking sheet. Bake 30 minutes; set aside. In a large skillet, stir fry remaining ingredients except blueberries, heat through. Stir in syrup mixture; mix well.

Cheesy Loaded Wild Rice Roulade
Tiffany Aaron - Quitman, AR

<table>
<thead>
<tr>
<th>Nutrients Based on ⅛ cup serving (cooked)</th>
<th>Wild Rice</th>
<th>Enriched White Rice (long grain)</th>
<th>Brown Rice (long grain)</th>
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<tbody>
<tr>
<td>Calories</td>
<td>83</td>
<td>103</td>
<td>108</td>
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<tr>
<td>Protein</td>
<td>3.37</td>
<td>2.13</td>
<td>2.52</td>
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<tr>
<td>Fat</td>
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<td>0.22</td>
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<tr>
<td>Fiber</td>
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<tr>
<td>Total Carbohydrate, g</td>
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<td>22.25</td>
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<td>Minerals</td>
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<tr>
<td>Phosphorus, mg</td>
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<td>34.00</td>
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<td>Iron, g</td>
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<tr>
<td>Potassium, g</td>
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<td>28.00</td>
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<tr>
<td>Zinc, g</td>
<td>0.10</td>
<td>0.59</td>
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</table>

Nutrafacts

\[
\text{Note: Data taken from USDA-ARS National Nutrient Database for Standard Reference, Release 27 (2015).}
\]

Answers to Often Asked Questions About...

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 $6.00 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; 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 air tight 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. Well-cooked and chopped wild rice helps prevent this. Sweetened recipes are best when served within 24 hours.

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.

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.

Factors

1. Wild rice is the only cereal grain native to North America.
2. Wild rice is Minnesota’s official state grain.
3. Wild rice is proud to be one of the world’s largest producers of cultivated wild rice, producing 5-10 million pounds annually.
4. Cultivated wild rice paddies provide a great habitat for waterfowl and other wildlife.
5. Wild rice is gluten-free.
**Wild Rice Toscana**

1 lb spicy Italian sausage and 1 medium onion, minced
1 lb bacon, cooked and crumbled
2 tbsp minced garlic
32 oz onion broth
6 tbsp flour
1 cup heavy whipping cream
1¼ cup chopped celery and red pepper
1 tsp poultry seasoning
2 tbsp olive oil
2 cups chicken broth
1½ tsp salt
1 tsp pepper flakes
1½ tsp salt
1½ tsp pepper
6 servings.

**Wild Rice Chicken Chowder**

Roxanne Chan - Albany, CA

1 pkg (16 oz) Gold’n Plump® Ground Chicken
2 tbsp canola oil
1½ cup chopped onion
6 tbsp flour
2 cups chicken broth
1½ cups chopped celery
3 cloves garlic, chopped
3 tbsp flour
1 cup balsamic vinegar
32 oz beef broth
1 box (9 oz) frozen Green Giant® Steamed Chilled Carrots
1½ cups minced onion
1½ cups wild rice, divided
1 cup half and half
2 cups cooked wild rice
1 box (9 oz) frozen Green Giant® Steamed Niblets® Corn
1½ cups half and half
2 cups cooked wild rice
1 box (9 oz) frozen Green Giant® Steamer Spinach, thawed and squeezed to remove moisture
1½ tsp each: ground pepper and salt
1 cup Sargento® Chef Blends® Shredded 4 State Cheddar® Cheese, divided
In large saucepan, brown chicken in oil until brown on all sides. Add celery, onion, and garlic; cook 10 minutes, stirring occasionally. Stir in chicken broth, cover, and simmer 5 minutes. Stir in carrots, corn, red pepper, and broth; heat through. Adjust seasonings. Spoon into bowls; top with cheese. 6 servings.

**Spicy Creamy Wild Rice Soup**

1¼ cups finely chopped onion
6 tbsp butter with canola oil
1¼ cups flour
4 cups chicken broth
2 cups cooked wild rice
1½ cups shredded carrots
5 oz thick cut deli-style smoked ham, cubed
3 tbsp slivered almonds
½ tsp salt
1 cup half and half
2 tbsp dry sherry
2 cups cooked wild rice
1½ cups cooked, chopped bacon, divided
6 oz tortilla chips
3 cups Sargento® Off the Block Fine Cut Shredded Cheddar Cheese, divided
In large skillet, brown chicken in oil. Stir in taco seasoning, salsa, water, and corn; bring to boil. Reduce heat; cover and simmer 5 minutes, stirring occasionally. Uncover; cook and stir until liquid evaporates. Stir in bacon and chicken. Heat through; top with cheese. 6 servings.

**Classic Creamy Wild Rice Ham Soup**

Jeanne Holt - Mandota Heights, MN

1 pkg (16 oz) Gold’n Plump® Ground Chicken
1 can (14.5 oz) Green Giant® Cream Style Sweet Corn
1 box (9 oz) frozen Green Giant® Steamer Wild Rice, thawed and squeezed to remove moisture
1 cup half and half
1 cup cooked wild rice
1 cup half and half
1 box (9 oz) frozen Green Giant® Steamer Spinach, thawed and squeezed to remove moisture
1½ cups wild rice, divided
In large saucepan, sear beef in oil until brown on all sides. Add garlic, onion, red pepper, and broth; stir until excess liquid evaporates. Stir in carrots, ham, broth, and timothy. Add dressing; toss. Add remaining ingredients, except parsley. Add dressing; toss. Top with cheese. 6 servings.

**Hot Cheesy Spinach Rice Spread**

Mary Lettere - Columbia, SC

12 oz cream cheese, softened
1 clove garlic, minced
1½ tsp ground nutmeg
1 box (9 oz) frozen Green Giant® Steamer Wild Rice, thawed and squeezed to remove moisture
1¼ cups wild rice
2 cups cooked wild rice
1 canola cooking spray
1 cup Sargento® Artisan Blends® Shredded Wisconsin Sharp White Cheddar Cheese
Hearty crackers or pita chips
In medium bowl, beat together cream cheese, garlic, and nutmeg until light and fluffy. Stir in spinach and wild rice. Lightly spray shallow microwave safe dish and spread rice mixture evenly; top with cheese. Microwave on medium-high 4 minutes until cheese is bubbly. Heat with melba toast or hearty crackers. 6-8 servings.

**Wild Rice & Beef Cheesy Soup**

Linda Bonwill - Englewood, FL

2 lbs beef stew meat, cubed
4 tbsp canola oil
1½ cups chopped celery
1¼ cups chopped onion
3 cloves garlic
3 tbsp flour
½ cup balsamic vinegar
32 oz beef broth
½ cup Sargento® Off the Block Fine Cut Shredded Sharp Cheddar® Cheese
Salt and pepper to taste
In medium bowl, beat together cream cheese, garlic, and nutmeg until light and fluffy. Stir in spinach and cheese until cheese is melted. Spoon into bowls; top with wild rice. 6 servings.

**Appetizers**

**For a wild twist on your favorite salad, try replacing greens with wild rice!**

**Salads**

**Wild Rice North Woods Nachos**

Anne Lauer - Hugo, MN

1 large sweet potato, peeled and diced
1 Gold’n Plump® Deli Fresh Rotsiennese Chicken, Lemon Pepper Flavor, shredded
2 cups cooked wild rice
1 box (9 oz) frozen Green Giant® Steamer Sugar Snap Peas, prepared as directed on box, cooled
1 cup chopped yellow pepper
1 cup chopped pecans, toasted
1 cup each minced: red onion and celery
1 cup chopped fresh cilantro
1 jalapeno pepper, seeded and very finely minced
1 cup Sargento® Off the Block Fine Cut Shredded 4 Cheese Mexican Cheddar Cheese
Dressing (whisk together; chill):
1 tbsp canola oil
2 tsp each minced: fresh basil and fresh mint
1½ cups cooked wild rice
1 box (7.5 oz) frozen Green Giant® Steamer Green Beans & Almonds, prepared as directed on box, cooled
1 tbsp red onion, thinly sliced
1 cup halved cherry tomatoes
1 cup Sargento® Off the Block Fine Cut Shredded Mild Cheddar Cheese
Dressing (whisk together; chill):
2 tsp horseradish cream
1 tbsp red wine vinegar
2 tsp minced garlic
1¼ cups canola oil
In large plastic bag, combine oil, garlic, salt, and pepper; add steak to coat. Grill steak; slice thinly and place in large bowl. Combine remaining ingredients, except parsley. Add dressing; toss. Top with parsley. 4 servings.

**Classic Creamy Wild Rice Ham Soup**

Jeanne Holt - Mandota Heights, MN

1 pkg (16 oz) Gold’n Plump® Ground Chicken
1 can (14.5 oz) Green Giant® Cream Style Sweet Corn
1 box (9 oz) frozen Green Giant® Steamer Wild Rice, thawed and squeezed to remove moisture
1 cup half and half
1 cup cooked wild rice
1½ cups cooked, chopped bacon, divided
6 oz tortilla chips
3 cups Sargento® Off the Block Fine Cut Shredded Cheddar Cheese, divided
In large skillet, brown chicken in oil. Stir in taco seasoning, salsa, water, and corn; bring to boil. Reduce heat; cover and simmer 5 minutes, stirring occasionally. Uncover; cook and stir until excess liquid evaporates. Stir in bacon and chicken. Heat through; top with cheese. 6 servings.