

Moo Shu Chicken Wild Rice Skillet

RaChelle Hubsmith - North Logan, UT

- ¾ cup sliced green onion
- 1 bag (10 oz) frozen Green Giant® Riced Veggies Broccoli
- 1 jar (6 oz) Green Giant® Sliced Mushrooms, drained
- 1 tbsp canola oil
- 1 bag (14 oz) cabbage coleslaw
- 1 cup hoisin sauce
- 3 tbsp soy sauce
- 2 cloves garlic, minced
- 1 can (8 oz) sliced bamboo shoots
- 2½ cups cooked wild rice
- 2 cups shredded Just BARE® Deli Rotisserie Chicken - Original Flavor salt and pepper to taste

In large skillet, sauté onion, broccoli, and mushrooms in oil, 2 minutes. Add coleslaw, hoisin and soy sauces; cook until soft. Add garlic and bamboo shoots; cook 1 minute. Add wild rice, chicken, salt, and pepper; heat through. 8-10 servings. (Option: serve in tortillas.)

Tuscan Ham & Wild Rice Gratin

Debbie Reid - Clearwater, FL

- 8 oz boneless ham steak, ¼ inch thick, cut into bite-sized pieces
- 2 tbsp canola oil
- 1 tsp minced garlic
- 3 scallions, chopped
- ¼ cup chopped sundried tomatoes
- 15 Manzanilla olives, sliced
- 2 tsp minced capers
- 3 cups cooked wild rice
- 1 tsp lemon juice
- ¼ tsp each: lemon zest and ground black pepper
- 1 bag (11 oz) frozen Green Giant® Steamers Tuscan Seasoned Broccoli
- ½ cup Crystal Farms® Shredded Parmesan Cheese

Gratin Topping (mix; set aside):

- ⅔ cup Crystal Farms® Shredded Parmesan Cheese
- ⅔ cup panko
- 1 tbsp melted butter

In large oven-proof skillet, lightly brown ham in oil. Add garlic, scallions, tomatoes, olives, capers, wild rice, lemon juice, lemon zest, black pepper, and broccoli; heat through. Stir in ½ cup cheese. Top with gratin; broil 1 minute to lightly brown. 4-6 servings.

Wild Italian Beef Skillet

Roxanne Chan - Albany, CA

- 1 lb ground beef
- ¼ cup chopped onion
- ½ cup frozen Green Giant® Riced Veggies Butternut Squash
- 2 tbsp canola oil
- 1 can (14.5 oz) Italian diced tomatoes
- 1 box (9 oz) frozen Green Giant® Steamers Chopped Spinach, thawed and squeezed to remove moisture
- 2 cups cooked wild rice
- ¼ cup cream
- 1 tsp each: capers, dried currants, and red wine vinegar
- 2 tsp each: chopped Italian parsley and snipped basil
- ½ tsp each: ground black pepper and kosher salt
- 1 cup Crystal Farms® Shredded Parmesan Cheese, divided

In large skillet, brown beef, onion, and squash in oil. Add tomatoes, spinach, wild rice, cream, capers, and currants; heat through. Stir in vinegar, parsley, basil, pepper, salt, and ½ cup cheese. Just before serving, sprinkle with remaining cheese. 4 servings.

Flank Steak Napoleon with Wild Rice

Tim Fligg - Gilberts, IL

- 20 oz flank steak
- ¼ cup each, chopped: basil and mint
- 1 cup each: frozen Green Giant® Steamers Niblets® Corn and frozen Green Giant® Steamers Sweet Peas
- 2 tbsp each: lemon zest and lemon juice
- 3 tbsp minced garlic, divided
- 5 tbsp canola oil (with 1 drop truffle essence), divided
- sea salt and ground black pepper to taste
- ¾ cup chardonnay, reserving 2 tbsp
- 1 cup Crystal Farms® Finely Shredded Asiago & Parmesan Cheese
- 4 cups cooked wild rice
- 2 cups frozen Green Giant® Veggie Spirals™ Carrot
- 2 cups arugula
- 3 tbsp balsamic glaze
- 1 tbsp bottled raspberry vinaigrette

Marinade (whisk together; put in large plastic bag):

- 1 tsp minced garlic
- ½ cup canola oil
- 1 drop truffle essence
- sea salt and ground black pepper to taste

Dressing (whisk together; set aside):

- ¼ cup canola oil
- 1 drop truffle essence
- 1 tsp balsamic glaze
- 1 tsp bottled raspberry vinaigrette
- 1 tsp lemon juice
- sea salt and ground black pepper to taste

Place steak in marinade bag; coat, set aside. In large skillet, sauté basil, mint, corn, peas, lemon zest, lemon juice, and 2 tbsp garlic in 3 tbsp oil, 5 minutes; add salt and pepper. Add chardonnay (except reserve), cheese, and wild rice; mix thoroughly and set aside. In medium skillet, sauté carrots and remaining garlic in remaining oil, 5 minutes. Deglaze pan with 2 tbsp chardonnay; set aside. Grill steak; rest 3 minutes, thinly slice. Toss arugula with dressing; set aside. In small bowl, combine balsamic glaze and vinaigrette; set aside. Place a mini springform pan with bottom removed (or other 4-6" open-ended cylinder) on serving plate. In cylinder, pack 1/4 of wild rice mixture and layer with 1/4 of the carrots, steak, and arugula; carefully remove the cylinder. Drizzle plate with 1 tbsp glaze mixture. Repeat 4 times. 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
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

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; 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 wild rice nutritious?

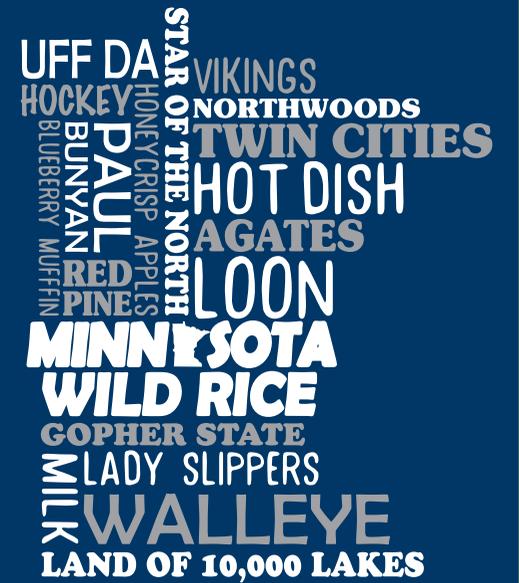
Yes, wild rice is nutritious! It's a high-fiber complex carbohydrate, high in quality protein and low in fat, with only 83 calories per half-cup serving.

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.

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

2018-2019 Edition

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

651.638.1955
www.mnwildrice.org

Soups

Wild Rice Chili

Carolyn Blakemore - Fairmont, WV

- 2 lbs each, ground: beef and hot sausage
- 1 tbsp canola oil
- 2 boxes (10 oz ea) frozen Green Giant® Steamers Shoepeg White Corn & Butter Sauce
- 4 cans (5.5 oz ea) Spicy V8 Juice
- 3 cans (8 oz ea) tomato sauce
- 8 tbsp chili powder
- 3 tbsp ground cumin
- ½ tsp each: jalapeno salt and white pepper
- 1 tsp sugar
- 2 tsp onion powder
- 2 cups cooked wild rice

In large saucepan, brown beef and sausage in oil; drain. Add remaining ingredients; cook 30 minutes to thicken. 8 servings.

Classic Creamy Wild Rice Soup

- 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
- 5 oz thick-cut deli-style smoked 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.

Creamy Tortellini & Wild Rice Italian Soup

RaChelle Hubsmith - North Logan, UT

- 1 cup each, chopped: onion and celery
- 1 bag (10 oz) frozen Green Giant® Roasted Carrots
- 4 cloves garlic, minced
- 2 tbsp canola oil
- ¼ cup flour
- 4 cups vegetable broth
- 1 lb ground Italian sausage, cooked and crumbled
- 2 cups cooked wild rice
- 1 pkg (14 oz) refrigerated cheese tortellini
- 1 tsp salt
- ½ tsp ground black pepper
- 1 tsp Italian seasoning
- 2 tsp beef bouillon powder
- 1 box (9 oz) frozen Green Giant® Steamers Chopped Spinach
- 2 cups half & half
- 1 cup Crystal Farms® Finely Shredded Asiago & Parmesan Cheese

In large saucepan, sauté onion, celery, carrots, and garlic in oil until soft. Add flour, stirring until bubbly; gradually stir in broth. Simmer 6 minutes. Stir in remaining ingredients except cheese; simmer until tortellini is fully cooked. Sprinkle with cheese; serve immediately. 6 servings.

Salads

King Ranch-Style Chicken Salad

Marybeth Mank - Mesquite, TX

- 1½ cups each, diced: onion and green bell pepper
- 2 cups shredded Just BARE® Deli Rotisserie Chicken - Original Flavor
- 1½ cups frozen Green Giant® Veggie Spirals™ Carrot, prepared as directed on bag, cooled
- 1 bag (11 oz) frozen Green Giant® Honey Roasted Sweet Corn, prepared as directed on bag, cooled
- 3 Roma tomatoes, diced
- 2 jalapeno peppers, seeded and thinly sliced
- 4½ cups cooked wild rice
- 1½ cups Crystal Farms® Shredded Mexican 4 Cheese
- ½ cup Crystal Farms® Shredded Mexican 4 Cheese, garnish
- 1 tbsp smoked paprika, garnish
- 1 cup tortilla strips, garnish

Dressing (whisk together; chill):

- ½ cup canola oil
- ¼ cup undiluted cream of chicken soup
- 1 tsp lime zest
- 2 tbsp fresh lime juice
- 1½ tsp honey
- 2 tbsp each, chopped: cilantro and flat-leaf parsley
- ½ tsp each: ground cumin and chili powder
- ¼ tsp each: Mexican oregano and garlic powder
- salt and pepper to taste

In large bowl, combine ingredients except garnish. Add dressing; toss. Garnish. 8-10 servings.

Mexican Wild Rice Salad

Emily Falke - Santa Barbara, CA

- 1 pkg (14 oz) Just BARE® Chicken Tenderloins
- 1 tsp each: ground cumin, chili powder, and ground oregano
- 2 tbsp canola oil
- ½ lb bacon, cooked and crumbled
- 2 cups cooked wild rice
- 1½ cups Crystal Farms® Finely Shredded Marble Jack Cheese
- 1 bag (11 oz) frozen Green Giant® Honey Roasted Sweet Corn, prepared as directed on bag, cooled
- 4 scallions, thinly sliced
- 1 avocado, diced

Dressing (blend in food processor):

- ¼ cup sour cream
- 4 tsp mayonnaise
- 1 canned chipotle chili pepper in adobo sauce
- 2 tsp lime juice
- 4 tsp chopped cilantro
- 1 tsp minced garlic
- salt and pepper to taste

Sprinkle chicken with cumin, chili powder, and oregano. In large skillet, sauté chicken in oil until golden brown; cool. In large bowl, shred chicken and combine with remaining ingredients. Add dressing; toss. 6-8 servings. *(Spring roll option: wrap ingredients equally in rice paper wrappers and use dressing for dipping.)*

Teriyaki Wild Rice Salad

- 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 pine nuts or sesame seeds, toasted
- 1 can (11 oz) mandarin oranges, drained
- ¼ cup roughly chopped cilantro leaves
- 1 cup frozen Green Giant® Veggie Spirals™ Carrot, prepared as directed on bag, cooled and chopped

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 just before serving; toss. 6 -8 servings.

Sides

Mexican Elote Wild Rice

Sharyn LaPointe Hill - Las Cruces, NM

- 1 bag (10 oz) frozen Green Giant® Roasted Corn
- ½ medium red onion, diced
- 1 jalapeno pepper, seeded and diced
- 1 tbsp minced garlic
- 1 tsp each: ground cumin and dried Mexican oregano
- ½ tsp each: salt and ground black pepper
- 2 tbsp canola oil
- 3 cups cooked wild rice
- ¼ cup Crystal Farms® Feta Cheese Crumbles
- ¼ cup Crystal Farms® Grated Parmesan Cheese
- ¼ cup chopped cilantro

In large skillet, sauté corn, onion, jalapeno, garlic, and seasonings in oil, 6-7 minutes. Remove from heat; transfer to large bowl. Stir in remaining ingredients. 6 servings.

Entrees

Wild Rachel Reuben Skillet

- ¾ cup each, chopped: green bell pepper and onion
- 1 tbsp canola oil
- 8 oz corned beef brisket, cubed
- 8 oz Just BARE® Boneless Skinless Chicken Breast Fillets, cubed
- 1 lb bacon, cooked and chopped
- 1 can (8 oz) sauerkraut, drained
- 2 cups cooked wild rice
- ⅓ cup milk
- ½ cup Thousand Island dressing
- salt and pepper to taste
- 1 cup Crystal Farms® Shredded Swiss Cheese

In large skillet, sauté green pepper and onion in oil until tender. Add corned beef and chicken; cook until lightly browned. Stir in bacon, sauerkraut, and wild rice. Stir in remaining ingredients; heat through. 8 servings.

Chicken Thai Wild Rice with Peanut Sauce

Natalie Yarbrough - Minnetonka, MN

- 1 pkg (16 oz) Just BARE® Boneless Skinless Chicken Breast Fillets, cut into bite-sized pieces
- 1 cup each: frozen Green Giant® Veggie Spirals™ Carrot and frozen Green Giant® Veggie Spirals™ Zucchini
- 1 red bell pepper, sliced
- 2 tbsp canola oil
- 4 cups cooked wild rice
- ¼ cup thinly sliced green onion

Peanut Sauce (whisk together; set aside):

- ⅓ cup crunchy peanut butter
- 4 tbsp brown sugar
- ⅓ cup soy sauce
- 2 tbsp each: lime juice and sesame oil
- 1 tsp minced garlic

In large skillet, sauté chicken, carrots, zucchini, and red pepper in oil until chicken is cooked through. Add wild rice and peanut sauce; heat through. Top with green onion. 4 servings.

Chicken Gone Wild

Sharon Holland - St. Louis Park, MN

- ½ cup finely chopped onion
- ¼ cup finely sliced celery
- ¼ cup finely chopped fresh mushrooms
- 1 tbsp canola oil
- 1 cup cooked wild rice
- 3 strips bacon, cooked and chopped
- 4 Just BARE® Boneless Skinless Chicken Breast Fillets, thinly pounded
- 4 strips bacon
- canola oil cooking spray
- 8 shaved deli corned beef slices, cut into bite-sized pieces
- 1 cup Crystal Farms® Shredded Monterey Jack Cheese
- 1 cup sour cream
- 1 can cream of chicken soup
- ¾ cup chicken broth
- 1 can (4 oz) Green Giant® Mushrooms Pieces & Stems with juice

Preheat oven to 325°F. In medium skillet, sauté onion, celery, and fresh mushrooms in oil until soft. Stir in wild rice and chopped bacon; set aside. Spoon ⅓ cup of wild rice mixture on each chicken breast. Roll up, spiral with 1 strip of bacon, and secure with toothpicks; set aside. Prepare 9x13" pan with canola spray and layer corned beef, cheese, and chicken. In medium bowl, combine sour cream, soup, broth, and canned mushrooms; pour over chicken. Bake covered, 2½ hours. Periodically spoon sauce over chicken. Remove cover for last ½ hour of baking. 4 servings.

"Get Wild with Wild Rice" Recipe Contest

Eleven 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, or Pinterest.

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 (December 2016)

September is National Rice Month!