

Chicken & Wild Rice Enchiladas

Angela Smith, Bluffton, SC

- ½ cup diced onion
- ¼ cup each: diced green pepper and red pepper
- 1 tbsp butter
- 1 cup black beans, drained, rinsed
- 1 pkg (9 oz) frozen Green Giant® Simply Steam® Niblets® Corn, prepared as directed on pkg, drained
- 2 tsp sea salt
- 1 tsp pepper
- 2 tbsp taco seasoning
- ½ cup salsa
- 1 (3½ lbs) Gold'n Plump® Deli Rotisserie Chicken, meat removed, shredded (about 2 cups)
- 3 cups cooked wild rice
- ½ cup Sargento® Fine Cut Shredded Monterey Jack Cheese
- 16 flour tortillas, fajita size
- 1 cup Sargento® Fine Cut Shredded Mild Cheddar Cheese

Garnish: sliced green onion, sliced black olives, diced tomatoes

Cheese Sauce (whisk until smooth), divided:

- 2 cups salsa
- 1 cup miracle whip
- ½ cup milk
- 2 cans (10 oz each) fiesta nacho cheese soup
- 2 tbsp taco seasoning

Preheat oven to 350°F. In large skillet, saute onion and peppers in butter. In large bowl, combine onion mixture, beans, and corn. Add salt, pepper, taco seasoning, and salsa; mix well. Stir in chicken, wild rice, and Monterey Jack cheese; set aside. Coat bottom of two 9x13 pans with ½ cup cheese sauce each. Place ½ cup enchilada mixture on each tortilla; roll, place seam down in pans. Repeat with all tortillas; pour remaining cheese sauce over tortillas. Bake 25 minutes; remove from oven, top with Cheddar cheese. Bake 5 minutes; garnish. 8-12 servings.

Wild Rice & Sausage Frittata

Anne Lauer, Hugo, MN

- 1 large Vidalia onion, sliced into ¼" thick rings
- 2 tbsp olive oil
- 1 box (7 oz) frozen Green Giant® Antioxidant Blend-Olive Oil Seasoning, prepared as directed on pkg
- 2 cups cooked wild rice
- 8 oz smoked pork sausage, cooked, diced
- 8 large eggs
- ½ cup half and half
- ¼ tsp each: salt and pepper
- ½ tsp Italian seasoning
- 1 cup Sargento® Fine Cut Shredded Mozzarella Cheese
- ⅓ cup Sargento® Artisan Blends® Shredded Parmesan Cheese

Preheat oven to 375°F. In ovenproof, non-stick 12" skillet, cook onion in oil until softened; arrange vegetables over onion. Spread wild rice and sausage evenly over vegetables; continue to cook. In small bowl, beat eggs, half and half, and seasonings; pour over skillet mixture. Do not stir; reduce heat. Cook until eggs begin to set around edges; sprinkle cheese on top. In same skillet, bake until set all the way through and top is golden (about 15 minutes). Remove from oven; let rest 5 minutes. Run knife gently around edges; carefully invert onto a large plate. 6 servings.

Elegant Italian Stuffed Flank Steak

Margaret Bracher, Robertsdale, AL

- 1 pkg (19 oz) Gold'n Plump® Parmesan Italian Chicken Sausage, casing removed
- ¼ cup diced red onion
- ¼ tsp garlic powder
- ¾ tsp dried Italian seasoning
- 1 pkg (10 oz) frozen Green Giant® Cut Leaf Spinach & Butter Sauce, prepared as directed on pkg
- 3 cups cooked wild rice, divided
- 1 egg, beaten
- 1½ lbs flank steak, butterflied, pounded thin salt and pepper
- ½ cup Sargento® Chef Blends™ Shredded 6 Cheese Italian Cheese
- 2 tbsp butter, melted
- 1 bunch fresh Italian parsley, finely chopped

Preheat oven to 350°F. In large skillet, brown sausage and onion; drain. Stir in garlic powder, Italian seasoning, spinach, and 1½ cups wild rice; cool slightly. Stir in egg. Open steak like a book, sprinkle with salt and pepper; spread evenly with sausage mixture, leaving 1" border. Sprinkle evenly with cheese. Gently roll steak lengthwise and tie with butcher's twine. Place in greased 9x13 pan; bake 50 minutes. Remove from oven; let rest. Remove twine; brush all sides with butter. Coat evenly with parsley. Slice and serve on remaining wild rice. 6 servings.

"Get Wild with Wild Rice" Recipe Contest

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

Visit our website (www.mnwildrice.org) in September to vote for your favorite recipe and search our wild rice recipe library!

Join the 2013 contest ... send your contact information to wr@mnwildrice.org or visit MN Cultivated Wild Rice Council on Facebook or Twitter.

September is National Rice Month!

Nutrients Based on ½ cup serving (cooked)	Wild Rice	Enriched White Rice (long grain)	Brown Rice (long grain)
Calories	83	97	108
Protein, g	3.27	2.30	2.52
Fat, g	0.28	0.29	0.88
Dietary Fiber, g	1.50	0.70	1.80
Total Carbohydrate, g	17.50	20.58	22.39
Minerals			
Phosphorus, mg	67.00	43.00	81.00
Iron, mg	0.49	1.43	0.41
Potassium, mg	83.00	44.00	42.00
Zinc, mg	1.10	0.29	0.61
Vitamins			
Riboflavin, mg	0.07	0.01	0.02
Niacin, mg	1.05	1.82	1.49
Vitamin E, mg	0.20	0.01	0.03

Note: Data taken from USDA Nutrient Database for Standard Reference, Release 24 (2011).

Answers to Often 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 only about 28¢ 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 30-45 minutes or until kernels just start 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 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.

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 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.

MINNESOTA CULTIVATED WildRice COUNCIL

Recipes and Answers to Often Asked Questions

2012 - 2013 Edition

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Soups

Springtime Wild Rice Soup

Mary Marlowe Leverette, Columbia, SC

- 1 large onion, chopped
- 1 pkg (9 oz) frozen Green Giant® Simply Steam® Asparagus Cuts, prepared as directed on pkg
- 2 tbsp butter
- 2 cups cooked wild rice
- 2 tsp fresh thyme leaves
- ½ tsp pepper
- 3 cups low sodium chicken broth
- ¼ cup freshly squeezed lemon juice
- 1 cup fresh baby spinach, trimmed, torn into bite-size pieces
- 1 cup Sargento® Artisan Blends® Shredded Parmesan Cheese
- 1 tsp salt

In large saucepan, saute onion and asparagus in butter. Stir in wild rice, thyme, and pepper. Add broth; bring to a boil. Remove from heat; puree soup in food processor. Return soup to saucepan; bring to a boil. Stir in remaining ingredients. 4 servings.

Classic Creamy Wild Rice Soup

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

In large saucepan, saute 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 and half and sherry; heat through. 6 servings.

Quick & Spicy Pork Wild Rice Soup

Sally Sibthorpe, Shelby Township, MI

- 1 lb pork tenderloin, cut in bite-size pieces
- 1 tbsp chili powder
- 1 tsp salt
- 2 cloves garlic, minced
- 1 cup diced onion
- 3 tbsp olive oil
- 1 can (7 oz) Green Giant® Mexicorn®, drained
- 1 can (15 oz) pinto beans, drained
- 3 cups cooked wild rice
- 2 cups chicken broth
- 6 cups spicy bloody mary mix or spicy tomato juice cocktail
- 1 cup Sargento® Chef Blends™ Shredded Taco Cheese

Garnish: lime wedges, cubed avocado, chopped cilantro, and crumbled tortilla chips

In large saucepan, saute pork, chili powder, salt, garlic, and onion in oil. Add remaining ingredients; bring to a boil. Simmer 5 minutes. Spoon into serving bowls; garnish. 6 servings.

Curry Corn & Chicken Soup

Roxanne Chan, Albany, CA

- 1½ pkgs (24 oz total) Gold'n Plump® Recipe Ready™ Ground Chicken
- ½ cup chopped onion
- ½ cup chopped red pepper
- 1 tsp curry powder
- ¼ tsp crushed red pepper
- 2 tbsp flour
- 2 cans (14.5 oz each) chicken broth
- 1 can (14.75 oz) Green Giant® Cream Style Sweet Corn
- 1 pkg (9 oz) frozen Green Giant® Simply Steam® Niblets® Corn, prepared as directed on pkg, drained
- 2 cups cooked wild rice
- 1 pkg (9 oz) Green Giant® Chopped Spinach, prepared as directed on pkg, squeezed to remove moisture
- 1 cup Sargento® Traditional Cut Shredded Pepper Jack Cheese salt to taste
- chopped cilantro, garnish

In large saucepan, brown chicken. Stir in onion, red pepper, curry, and crushed red pepper; cook 3 minutes. Stir in flour; cook 1 minute. Stir in broth and cream style corn; bring to a boil. Cover; simmer 5 minutes. Stir in Niblets® corn, wild rice, and spinach; heat through. Stir in remaining ingredients; garnish. 6 servings.

Wild Rice Beef Stew with Red Wine

Sugiyarti Jorgenson, Kodiak, AK

- ¾ tsp salt
- ½ tsp pepper
- 2 tbsp flour
- 1 lb chuck roast, cut into bite-size pieces
- 2 tsp olive oil
- 2 tbsp butter, divided
- 1 cup chopped onion
- 2 cloves garlic, minced
- 1 cup red cooking wine
- 2 tbsp tomato paste
- ¼ cup Famous Dave's® BBQ Sauce, Apricot BourbonSM
- 1 bay leaf
- 2 sprigs fresh thyme
- 3 cups chicken broth
- 1 pkg (6 oz) button mushrooms, sliced
- 2 cups cooked wild rice
- ½ cup Sargento® Fine Cut Shredded Mild Cheddar Cheese

In plastic bag, combine salt, pepper, and flour. Add beef and shake to coat. In large saucepan, brown beef in oil and 1 tbsp butter; remove beef and set aside. In same saucepan, saute onion in remaining butter. Stir in beef and remaining ingredients, except cheese; cover, simmer 45 minutes. Discard bay leaf and thyme sprigs. Adjust seasonings. Spoon into serving bowls; top with cheese. 4-6 servings.

Add wild rice to your favorite canned soup to create a unique and tasty combination!

Salads

Zesty Wild Rice Salad

Angela Smith, Bluffton, SC

- 4 cups cooked wild rice
- 1 cup black beans, drained, rinsed
- 1 pkg (9 oz) frozen Green Giant® Simply Steam® Niblets® Corn, prepared as directed on pkg, drained
- 1 pint cherry tomatoes, halved
- ½ cup sliced black olives
- ½ cup each: chopped green pepper and orange pepper
- 3 green onions, sliced including partial green top
- 1 tsp each: salt and pepper
- 1 cup Sargento® Fine Cut Shredded Mozzarella Cheese
- ½ cup chopped parsley, garnish

Dressing (whisk together):

- ½ cup zesty Italian dressing
- ¼ cup freshly squeezed lime juice

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

Fresh'n Spicy Wild Rice Salad

- 1 lb sirloin steak, grilled, sliced
- 1 cup halved cherry tomatoes
- 3 cups cooked wild rice
- 1 small red onion, thinly sliced
- 1 avocado, peeled, pitted, cubed
- 1 cup chopped English cucumber
- ¼ cup chopped fresh cilantro

Dressing (whisk together):

- 2 tsp honey
- 1 tsp Famous Dave's® Wilbur's Revenge Hot Sauce
- 1½ tsp low sodium soy sauce
- juice of 1 lime
- ¼ cup canola oil
- salt and pepper to taste

In large bowl, combine ingredients. Add dressing; toss. 4-6 servings.

Hearty Heartland Succotash Salad

Roxanne Chan, Albany, CA

- 1 lb pork tenderloin, cut into bite-size pieces
- 1 tbsp canola oil
- 1 pkg (9 oz) frozen Green Giant® Simply Steam® Baby Lima Beans, prepared as directed on pkg, drained
- 1 pkg (9 oz) frozen Green Giant® Simply Steam® Niblets® Corn, prepared as directed on pkg, drained
- ¼ cup chopped red onion
- 3 cups cooked wild rice
- ¼ cup chopped parsley
- ¼ cup chopped red pepper
- 1 cup Sargento® Artisan Blends® Shredded Wisconsin Sharp White Cheddar Cheese

Dressing (whisk together):

- ⅓ cup Famous Dave's® BBQ Sauce, Sweet & Zesty™
- ⅓ cup mayonnaise
- 1 tbsp red wine vinegar

In medium skillet, saute pork in oil. In large bowl, combine pork with remaining ingredients. Add dressing; toss. 6 servings.

Appetizer

Conquistadors

Margaret Bracher, Robertsdale, AL

- ½ lb lean ground beef
- 2 tbsp minced red onion
- 2 tbsp minced red pepper
- ¼ tsp garlic powder
- ½ tsp cumin
- 1 cup cooked wild rice
- ⅓ cup frozen Green Giant® Simply Steam® Niblets® Corn, prepared as directed on pkg, drained
- ¼ cup Famous Dave's® BBQ Sauce, Sassy Chipotle™
- ½ cup Sargento® Fine Cut Shredded 4 Cheese Mexican
- 1 egg, beaten
- salt and pepper to taste
- 1 pkg frozen mini phyllo shells

Preheat oven to 375°F. In large skillet, brown beef, onion, and red pepper. Remove from heat; stir in remaining ingredients, except phyllo shells. Stuff shells with mixture; place on baking sheet. Bake 20 minutes. 15 appetizers.

Entrées

Wild Jambalaya

- ½ pkg (7.5 oz) Gold'n Plump® Extra Tender™ Boneless Skinless Split Chicken Breasts, cubed
- 1 tbsp Creole seasoning, divided
- 16 small precooked shrimp
- 3 links (11 oz) Gold'n Plump® Hot Italian Chicken Sausage
- ¼ cup chopped onion
- ¼ cup chopped green pepper
- ¼ cup chopped celery
- 2 tbsp olive oil
- 2 tbsp minced garlic
- ½ cup chopped tomatoes
- 1 tsp Worcestershire sauce
- 1 tsp Famous Dave's® Wilbur's Revenge Hot Sauce
- 3 cups cooked wild rice
- ½ cup chicken broth
- salt and pepper to taste

In small bowl, combine chicken and ½ tsp Creole seasoning; work in seasoning well. In separate bowl, combine shrimp and remaining Creole seasoning. In large skillet, brown sausage; remove from heat, slice, and set aside. In same skillet, saute onion, green pepper, and celery in oil. Stir in garlic, tomatoes, and sauces. Stir in chicken; cook 5 minutes. Stir in shrimp; cook 2 minutes. Add wild rice and broth; heat through until broth is absorbed. Salt and pepper to taste. 6-8 servings.

Visit the extensive recipe collection on the Minnesota Cultivated Wild Rice Council's website:

www.mnwildrice.org