**Wild Rice Sour Cream Casserole**

1 lb lean ground beef  
1 medium onion, diced  
1 can (10.75 oz) cream of mushroom soup  
1 can (10.75 oz) cream of chicken soup  
1 pkg (10 oz) frozen Green Giant® BBQ Sauce, Hot & Sassy  
1 cup sour cream  
1 cup Sargento® Traditional Cut Shredded 4 Cheese Mexican  
8 flour tortillas, fajita size

**Garnish:** salsa, sour cream, lime wedges

In large bowl, combine all ingredients, except tortillas. Cook tortillas on griddle, turning once, until puffed. Fill tortillas with 1/2 cup of filling. Fold the closest edge of the burrito over filling, fold in the sides, and roll to enclose. Garnish. 8 servings.

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**Tex-Mex Spinach, Chicken, & Wild Rice Casserole**

Lauren Wyler - Dripping Springs, TX

3 cups cooked wild rice  
1 lb lean ground beef  
1 cup diced red pepper  
1 tsp garlic powder  
1 tsp salt  
2 tsp chopped cilantro, garnish  
2 cups Sargento® Chef Blends™ Shredded Nacho & Taco Cheese, divided  
1 cup salsa  
1 pkg (9 oz) frozen Green Giant® Chopped Spinach, prepared as directed on pkg  
1 can (16 oz) chili beans in chili sauce  
1 can (14 oz) tomato sauce  
1/2 cup Famous Dave’s® BBQ Sauce, Hot & Sassy  
1/2 tsp pepper  
1/2 tsp garlic salt with parsley  
1/2 tsp sea salt  
1/4 tsp Italian seasoning

Preheat oven to 350°F. In large bowl, combine all ingredients except for 1 cup of cheese and garnish. Place mixture into greased 9x13 baking dish; top with remaining cheese. Bake 20 minutes; garnish. 6 servings.

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**Wild Rice Casserole Recipes and Answers to Often Asked Questions!**

**2013 - 2014 Edition**

**Answers to Often Asked Questions About Wild Rice**

- 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; salt Cover and simmer 30-45 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, fluffy 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.

**Wild Rice 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.

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**Wild Rice Nutrient Information**

**Wild Rice:** 1 cup uncooked wild rice = 65 Rice Equivalents

<table>
<thead>
<tr>
<th>Nutrients Based on 1 cup serving (cooked)</th>
<th>Wild Rice</th>
<th>Enriched White Rice</th>
<th>Brown Rice</th>
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<tbody>
<tr>
<td>Protein</td>
<td>3.3 g</td>
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<tr>
<td>Saturated Fat</td>
<td>0.7 g</td>
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<tr>
<td>Cholesterol</td>
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<td>Sodium</td>
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<tr>
<td>Dietary Fiber</td>
<td>4.2 g</td>
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<td>Fiber</td>
<td>2.8 g</td>
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**Wild Rice Minerals**

<table>
<thead>
<tr>
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<th>Wild Rice</th>
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<tr>
<td>Phosphorus</td>
<td>70 mg</td>
<td>43.0 mg</td>
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<tr>
<td>Iron</td>
<td>0.4 mg</td>
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<tr>
<td>Potassium</td>
<td>83.0 mg</td>
<td>44.0 mg</td>
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<tr>
<td>Zinc</td>
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**Wild Rice Vitamins**

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<th>Brown Rice</th>
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</thead>
<tbody>
<tr>
<td>Thiamin</td>
<td>0.07 mg</td>
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<td>Riboflavin</td>
<td>0.15 mg</td>
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<td>Niacin</td>
<td>0.15 mg</td>
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**Note:** Data taken from USDA Nutrient Database for Standard Reference, Release 25 (2012).

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**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 contest - send your entry to wr@mnwildrice.org or visit MN Cultivated Wild Rice Council on Facebook or Twitter. September is National Rice Month!
**Soups**

**Thai Wild Rice & Chicken Soup**
Julie DeMatteo - Clementon, NJ

1 pkt (20 oz) Gold'n Plump® All Natural™ Boneless Skinless Chicken Breast Fillets, cubed  
2 tbsp canola oil  
1½ tsp minced garlic  
½ tsp bottled fresh ground ginger  
1 tbsp red Thai curry paste  
1 can (14 oz) chicken broth  
1 can (13.5 oz) coconut milk  
2 cups cooked wild rice  
(can 8 oz) sliced water chestnuts, drained  
½ cup diced red pepper  
1 pkg (9 oz) frozen Green Giant® Simply Steam® Broccoli Cuts, prepared as directed on pkg  
1 cup orange stir-fry sauce  
1 tsp sesame oil  
1 cup fish sauce  
2 tsp lime juice  
1 cup chopped fresh basil  
1 cup chopped fresh mint

In large saucepan, sauté chicken in oil. Stir in garlic, ginger, and curry paste; sauté 30 seconds. Add broth and whisk until curry paste is dissolved. Stir in remaining ingredients except lime juice, basil, and mint; simmer 6 minutes. Stir in remaining ingredients; 8 servings.

**Santa Fe Chicken & Wild Rice Soup**
Mary Shivers - Ada, OK

1 medium onion, finely chopped  
1 cup minced garlic  
1 pkg (15 oz) Gold'n Plump® Extra Tender™ Boneless Skinless Chicken Breast Fillets, cubed  
2 tbsp canola oil  
4 cups chicken broth  
2 cups water  
1 can (4 oz) diced green chilies  
1 can (14.75 oz) Green Giant® Cream Style Sweet Corn  
1 can (10.75 oz) cream of chicken soup  
½ tsp ground cumin  
½ tsp chili powder  
½ tsp paprika  
½ tsp pepper  
1 tsp salt  
1 pkg (9 oz) frozen Green Giant® Chopped Spinach, prepared as directed on pkg, squeezed to remove moisture  
3 green onions, sliced  
1 cup frozen peas, prepared as directed on pkg

In large bowl, gently combine all ingredients except broth. Shape into nine cakes. In large skillet, brown cakes in butter. 9 appetizers.

**Appetizer**

**Wild Walleye Cakes**

1 lb walleye fillets, pan fried, flaked  
1 cup well-cooked wild rice  
¼ cup Italian-style bread crumbs  
4 green onions, white part only, finely chopped  
½ cup finely diced red pepper  
3 tbsp mayonnaise  
2 tsp Dijon mustard  
1 tsp white pepper sauce  
1 tsp kosher salt  
½ tsp pepper  
1 tbsp butter

In large bowl, gently combine all ingredients except broth. Shape into nine cakes. In large skillet, brown cakes in butter. 9 appetizers.

**Salads**

**Mediterranean Wild Rice Salad**
Gilda Lester - Millboro, DE

3 cups cooked wild rice  
1 pkg (19 oz) Gold’n Plump® Hot Italian Sausage, prepared as directed on pkg, sliced  
1 pkg (9 oz) frozen Green Giant® Simply Steam® Broccoli Cuts, prepared as directed on pkg  
1 can cherry tomatoes, halved  
½ cup sliced black olives  
1 cup chopped green onions  
1 cup pitted black olives  
1 red pepper, diced  
1 cup Sargento® Crumbled Blue Cheese

Dressing (whisk together):  
½ cup olive oil  
½ cup white balsamic vinegar  
2 tbsp lemon juice  
1 tbsp honey  
½ tsp salt  
½ tsp pepper  
½ cup minced red pepper flakes

In large bowl, combine ingredients except cheese. Add dressing; toss. Top with cheese. 6 servings.

**Classic Creamy Wild Rice Ham Soup**

½ cup finely chopped onion  
6 tbsp butter  
3 cup flour  
4 cups chicken broth  
2 cups cooked wild rice  
1 cup shredded carrots  
1 cup cooked, cubed ham  
3 cup slivered almonds  
1 cup half and 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 and half and sherry; heat through. 6 servings.

**Tasty Pork Wild Rice Salad**

1 lb pork loin boneless chops, cooked, sliced  
2 tbsp lemon juice  
4 cups cooked wild rice  
3 green onions, including green part, sliced  
½ red pepper, diced  
1 pkg (9 oz) frozen Green Giant® Simply Steam® Sugar Snap Peas, prepared as directed on pkg  
½ cup Sargento® Fine Cut Shredded Mozzarella Cheese  
½ cup canola oil  
1 avocado, diced

Dressing (whisk together; chill):  
1 tsp minced garlic  
1 tsp ground mustard  
½ tsp salt  
½ tsp sugar  
1 tsp pepper  
1 cup rice wine vinegar  
½ cup canola oil  
½ cup Famous Dave's® BBQ Sauce, Apricot Bourbon, divided  
½ tsp soy sauce  
¼ tsp black pepper flakes

In large bowl, combine ingredients except avocado. Add dressing; toss. Top with avocado. 6 servings.

**Raging Bourbon BBQ Beef & Wild Rice Salad**

1 lb sirloin steak, cut into strips  
¼ cup flour  
¼ cup corn starch  
½ cup canola oil  
3 cups cooked wild rice  
1 pkg (9 oz) frozen Green Giant® Simply Steam® Baby Sweet Peas, prepared as directed on pkg  
1 cup cooked wild rice  
½ cup diced English cucumber  
½ small red onion, thinly sliced  
½ cup shredded carrots  
4 tsp toasted sesame seeds

Marinade (whisk together):  
1 tbsp soy sauce  
3 tbsp Famous Dave's® BBQ Sauce, Apricot Bourbon  
1 tbsp Famous Dave's® Pineapple Rage Hot Sauce  
1½ tsp salt  
1¼ tsp pepper

Dressing (whisk together; chill):  
½ cup Famous Dave's® Fry Sauce, Rich and Tangy  
2 tbsp sesame oil  
2 tbsp rice vinegar (mirin)  
¼ cup sliced red pepper flakes  
1 tsp kosher salt  
1 tsp pepper

Place steak in a large ziploc bag. Add marinade; shake to coat. Refrigerate 15 minutes; discard liquid. In small plate, combine flour and corn starch; coat steak. In large skillet, fry steak in oil until brown and crisp; set aside. In large bowl, combine remaining ingredients except sesame seeds; toss with dressing. Top with steak and sesame seeds. 4 servings.

**Spirited Wild Rice Sliders**
Lisa Keys - Kennett Square, PA

1 pkg (14 oz) Gold'n Plump® Extra Tender™ Chicken Stir Fry Pieces  
½ cup Famous Dave's® Chicken Marinade  
1 tsp canola oil  
4 strips bacon, cooked, crumbled  
½ red pepper, juliened  
1 small onion, juliened  
1 child tomato, sliced  
1 pkg (11.5 oz) frozen Green Giant® Seasoned Steamer™ Tuscan Seasoned Broccoli, prepared as directed on pkg  
½ cup Famous Dave's® BBQ Sauce, Sweet & Spicy  
½ cup Sargento® Artisan Blends™ Shredded Parmesan Cheese

In small bowl, coat chicken with marinade. In large skillet, sauté chicken in oil. Stir in remaining ingredients; heat through. 6 servings.

**Sweet 'n Spicy Pork & Plum Skillet**
Roxanne Chan - Albany, CA

1 lb pork loin boneless chops, cut into strip-fry strips  
¼ tsp ground allspice  
½ tsp crushed red pepper flakes  
2 tbsp garlic salt  
1 tbsp canola oil  
2 cups cooked wild rice  
1 cup cooked plums  
1 pkg (9 oz) frozen Green Giant® Simply Steam® Sugar Snap Peas, prepared as directed on pkg  
½ cup Famous Dave's® BBQ Sauce, Sweet & Spicy  
2 tbsp red wine vinegar  
3 green onions, sliced

In small bowl, coat pork with allspice, red pepper flakes, and garlic salt. In large skillet, stir-fry pork in oil. Stir in remaining ingredients except green onion; heat through. Top with green onion. 4 servings.