

“Hit the Road” Wild Rice Burritos

Anne Lauer - Hugo, MN

- 2 cups cooked wild rice
- 1 pkg (20 oz) Gold'n Plump® All Natural™ Boneless Skinless Chicken Breast Fillets, cooked, cubed
- 6 strips bacon, cooked, crumbled
- 1 pkg (9 oz) frozen Green Giant® Simply Steam® Niblets® Corn, prepared as directed on pkg, drained
- ¼ cup finely diced red pepper
- 1 green onion, thinly sliced
- ½ cup chopped cilantro
- 1 tbsp lime juice
- ⅓ cup Famous Dave's® BBQ Sauce, Hot & Sassy
- ⅓ 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 tortilla on griddle, turning once, until puffed. Fill tortillas with ½ cup of filling. Fold the closest edge of the burrito over filling, fold in the sides, and roll to enclose. Garnish. 8 servings.

Tex-Mex Spinach, Chicken, & Wild Rice Casserole

Lauren Wyler - Dripping Springs, TX

- 3 cups cooked wild rice
- 1 cup salsa
- 1 pkg (9 oz) frozen Green Giant® Chopped Spinach, prepared as directed on pkg, squeezed to remove moisture
- 1 cup plain greek yogurt
- 1 Gold'n Plump® Deli Rotisserie Chicken, meat removed, shredded
- 1 can (16 oz) chili beans in chili sauce
- 1 tsp salt
- 2 tsp garlic powder
- 2 tsp cumin
- 2 cups Sargento® Chef Blends™ Shredded Nacho & Taco Cheese, divided
- ¼ cup chopped cilantro, garnish
- ¼ cup sliced green onion, garnish

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.

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® Niblets® Corn & Butter Sauce, prepared as directed on pkg
- 1 cup sour cream
- 3 cups cooked wild rice

In large skillet, brown beef and onion. Stir in remaining ingredients; heat through. 6 servings.

Wild West Manoomin Pizza

Laurie Figone - Petaluma, CA

- 3 cups cooked wild rice
- 1 pkg (6 oz) dried apricots, diced
- 1 lb lean ground sirloin
- 2 tsp Italian seasoning
- ½ tsp sea salt
- ½ tsp garlic salt with parsley
- ½ tsp pepper
- 1 tbsp olive oil
- 2 links Gold'n Plump® Hot Italian Chicken Sausage, sliced
- ½ cup Famous Dave's® BBQ Sauce, Georgia Mustard
- ½ cup Famous Dave's® BBQ Sauce, Apricot Bourbon
- ½ cup diced red pepper
- 1 cup Sargento® Chef Blends™ Shredded 4 Cheese Pizzeria

Preheat oven to 400°F. In large bowl, mix wild rice, apricots, ground sirloin, seasonings, and oil; mix well with hands. Press mixture onto a greased 12" pizza pan; bake 15 minutes. In large skillet, cook sausage until deep golden brown on each side; set aside. In small bowl, blend sauces; spread over pizza. Top with peppers, sausage, and cheese. Bake 10 minutes. 8 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 2014 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 25 (2012).

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; stir. 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, 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 Wild Rice

Recipes and Answers to Often Asked Questions

2013 - 2014 Edition



Minnesota Cultivated Wild Rice Council
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www.mnwildrice.org

Soups

Thai Wild Rice & Chicken Soup

Julie DeMatteo - Clementon, NJ

- 1 pkg (20 oz) Gold'n Plump® All Natural™ Boneless Skinless Chicken Breast Fillets, cubed
- 2 tbsp canola oil
- 1½ tsp minced garlic
- 2 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
- 1 can (8 oz) sliced water chestnuts, drained
- ¼ cup diced red pepper
- 1 pkg (9 oz) frozen Green Giant® Simply Steam® Broccoli Cuts, prepared as directed on pkg
- ¼ cup orange stir-fry sauce
- 1 tsp sesame oil
- ¼ cup fish sauce
- 2 tbsp lime juice
- ¼ cup chopped fresh basil
- ¼ cup chopped fresh mint

In large saucepan, saute chicken in oil. Stir in garlic, ginger, and curry paste; saute 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 tsp 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 chiles
- 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 tbsp finely chopped cilantro
- 3 cups cooked wild rice
- 2 cups Sargento® Fine Cut Shredded Colby-Jack Cheese

Garnish: sour cream, diced tomatoes, diced avocado

In large saucepan, saute onion, garlic, and chicken in oil. Add remaining ingredients except cheese; bring to a boil. Simmer 15 minutes; spoon into bowls. Top with cheese; garnish. 8 servings.

Visit the extensive recipe collection on the Minnesota Cultivated Wild Rice Council website:
www.mnwildrice.org

Classic Creamy Wild Rice Ham Soup

- ½ cup finely chopped onion
- 6 tbsp butter
- ½ cup flour
- 4 cups chicken broth
- 2 cups cooked wild rice
- ½ cup shredded 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.

Appetizer

Wild Walleye Cakes

- 1 lb walleye fillets, pan fried, flaked
- 1 cup well-cooked wild rice
- ¾ 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
- ¼ tsp hot pepper sauce
- ¼ tsp kosher salt
- ¼ tsp pepper
- 1 tbsp butter

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

Salads

Mediterranean Wild Rice Salad

Gilda Lester - Millsboro, 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 cup cherry tomatoes, halved
- ½ cup sliced black olives
- ½ cup chopped green onions
- 1 tbsp capers, drained
- 1 red pepper, diced
- ½ cup Sargento® Crumbled Blue Cheese

Dressing (whisk together):

- ½ cup olive oil
- ¼ cup white balsamic vinegar
- 2 tbsp lemon juice
- 1 tsp honey
- ½ tsp salt
- ¼ tsp crushed red pepper flakes

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

Tangy Pork Wild Rice Salad

- 1 lb pork loin boneless chops, cooked, sliced
- 4 cups cooked wild rice
- 2 tbsp lemon juice
- 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 toasted pecan halves
- 1 avocado, diced

Dressing (whisk together; chill):

- 1 tsp minced garlic
- 1 tbsp Dijon mustard
- ½ tsp salt
- ¼ tsp sugar
- ¼ tsp pepper
- ¼ cup rice wine vinegar
- ⅓ cup canola oil

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

Raging Bourbon BBQ Beef & Wild Rice Salad

Mary Shivers - Ada, OK

- 1 lb sirloin steak, cut into strips
- ⅓ cup flour
- ⅓ cup corn starch
- ⅓ 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 pkg (9 oz) frozen Green Giant® Simply Steam® Niblets® Corn, prepared as directed on pkg
- ⅓ cup diced English cucumber
- ½ small red onion, thinly sliced
- ¼ 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 tsp Famous Dave's® Pineapple Rage Hot Sauce
- ½ tsp salt
- ½ tsp pepper

Dressing (whisk together; chill):

- ⅓ cup Famous Dave's® Fry Sauce, Rich and Tangy
- 2 tbsp sesame oil
- 2 tbsp rice vinegar (mirin)
- 2 tbsp sugar
- ¼ tsp crushed red pepper flakes
- ¼ tsp kosher salt
- ¼ tsp pepper

Place steak in a large ziploc bag. Add marinade; shake to coat. Refrigerate 15 minutes; discard liquid. On 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.

Entrées

Spirited Wild Rice Sliders

Lisa Keys - Kennett Square, PA

- 1 cup cooked wild rice
- 6 oz ground beef
- 6 oz ground pork
- 1 link Gold'n Plump® Parmesan Italian Chicken Sausage, casing removed
- ¼ cup finely diced dried apricots
- ¼ cup finely diced onion
- 1 tsp kosher salt
- ½ tsp smoked paprika
- ½ cup Famous Dave's® BBQ Sauce, Apricot Bourbon, divided
- 1 cup Sargento® Chef Blends™ Shredded 6 Cheese Italian
- 12 slider buns, toasted

In large bowl, mix wild rice, meat, apricots, onion, salt, and paprika; form into 12 small patties. Grill over medium heat; baste patties with half of the BBQ sauce; top with cheese. Serve on buns with remaining BBQ sauce. 4 servings.

Zesty Wild Rice Skillet

Katie Schlick - St. Cloud, MN

- 1 pkg (14 oz) Gold'n Plump® Extra Tender™ Chicken Stir Fry Pieces
- ⅓ cup Famous Dave's® Chicken Marinade
- 1 tsp canola oil
- 4 strips bacon, cooked, crumbled
- ½ red pepper, julienned
- 1 small onion, julienned
- 2 cups cooked wild rice
- 1 pkg (11.5 oz) frozen Green Giant® Seasoned Steamers™ Tuscan Seasoned Broccoli, prepared as directed on pkg
- 2 tbsp Famous Dave's® BBQ Sauce, Sweet & Zesty
- ¼ cup Sargento® Artisan Blends® Shredded Parmesan Cheese

In small bowl, coat chicken with marinade. In large skillet, saute 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 stir-fry strips
- ¼ tsp ground allspice
- ¼ tsp crushed red pepper flakes
- ¼ tsp garlic salt
- 1 tbsp canola oil
- 2 cups cooked wild rice
- 1 cup chopped plums
- 1 pkg (9 oz) frozen Green Giant® Simply Steam™ Sugar Snap Peas, prepared as directed on pkg
- ⅓ cup Famous Dave's® BBQ Sauce, Sweet & Zesty
- 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.