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FOOD EDITORS RELEASE

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## Gluten-Free Recipes Win Wild Rice Recipe Contest

### 2021 “Get Wild with Wild Rice” Recipe Contest Winners Announced

Two gluten-free recipes have won the Minnesota Cultivated Wild Rice Council’s 2021 “Get Wild with Wild Rice” recipe contest as Jamie Parchman of Harlingen, TX, won the Grand Prize with her *Wild Rice Chicken Alfredo for Two* and Donna Bardocz of Howell, MI, took home the coveted People’s Choice Award with her fresh and light *Creamy Lemon Chicken Wild Rice Soup*.

Wild rice, a nutrient-dense whole grain loaded with antioxidants, is also “gluten free” - which is great news for people afflicted with Celiac disease. Celiac disease is a digestive condition triggered by the consumption of the protein gluten, which is found in bread, pasta, cookies, pizza crust and many other foods containing wheat, barley or rye. Those who suffer from the damaging effects of Celiac disease can now add these delicious, contest-winning recipes to their diet.

Creative wild rice recipes were submitted from all corners of the country and went head-to-head in a taste test conducted by culinary specialists who narrowed the field to 10 finalists competing for two awards. The Grand Prize was awarded by a panel of judges headed by Ken Goff, one of the Midwest’s most distinguished chefs and former culinary instructor at Le Cordon Bleu, while the People’s Choice Award was given to the finalist garnering the most online votes during September’s National Rice Month.

Each finalist received a “wild” prize pack and was recognized in the Council’s 2021-2022 recipe brochure. All contest finalists were featured on the Council’s website for a public vote to determine the People’s Choice Award.

#### **Grand Prize Winner**

[Wild Rice Chicken Alfredo for Two](#) (Jamie Parchman, Harlingen, TX)

Our Grand Prize-winning recipe puts a new twist on a familiar favorite, adding both freshness and originality. *Wild Rice Chicken Alfredo for Two* combines wild rice with tender, stir-fried chicken breast, garlic, and cream cheese for a delicious, gluten-free variation on this Italian classic.

#### **People’s Choice Winner**

[Creamy Lemon Chicken Wild Rice Soup](#) (Donna Bardocz, Howell, MI)

Our People’s Choice winning recipe features chicken breast, cream cheese, celery, onions, carrots, and a splash of lemon juice for a new, slightly tart way to enjoy wild rice. *Creamy Lemon Chicken Wild Rice Soup* is a light, citrusy, protein-rich, gluten-free meal that serves equally well as an entrée or starter.

(The Council’s website is home to the world’s largest online wild rice recipe library. To view the recipes of any of the 2021 finalists, visit [www.mnwildrice.org/search.php](http://www.mnwildrice.org/search.php) - “Contest Finalist” category.)

The Council’s latest recipe brochure, *Minnesota Cultivated Wild Rice Recipes and Answers to Often Asked Questions*, features contest winning recipes and other wild rice favorites, including soups, appetizers, salads, entrées, and side dishes. To receive your free copy send a self-addressed-stamped-envelope to: Minnesota Cultivated Wild Rice Council, Newest Recipes, 4630 Churchill St #1, St. Paul, MN 55126.

### WILD RICE CHICKEN ALFREDO FOR TWO

*Jamie Parchman, Harlingen, TX*

- 4 Just Bare® Chicken Breast Tenderloins, cubed
- 1 tbsp canola oil
- ½ tsp each: salt and freshly ground black pepper, divided
- 4 oz cream cheese, cubed
- 3½ tbsp butter with canola oil
- ⅔ cup whole milk
- ¾ cup shredded Parmesan cheese, divided
- 1 clove garlic, minced
- 2½ cups cooked wild rice

In large skillet, stir-fry chicken in oil; season with ¼ tsp each salt and pepper. Set aside. In same skillet, stir cream cheese and butter until cheese starts to melt. Stir in milk, ½ cup Parmesan, garlic, and remaining salt and pepper; cook, stirring constantly 3 minutes. Fold in wild rice and chicken. Sprinkle with remaining Parmesan. 2 servings.

### CREAMY LEMON CHICKEN WILD RICE SOUP

*Donna Bardocz, Howell, MI*

- 64 oz chicken bone broth
- 1 cup each, finely diced: carrots and celery
- ½ cup finely diced onion
- ⅛ tsp garlic powder
- ¼ cup unsalted butter, melted
- ⅛ cup pure cornstarch
- 1 pkg (8 oz) cream cheese, softened
- 2 cups cooked wild rice
- 2 cups cooked, cubed Just Bare® Boneless Skinless Chicken Breast Fillets
- ½ tsp each: freshly ground black pepper and sea salt
- ½ cup fresh lemon juice
- lemon slices, garnish

In a large saucepan, combine first 5 ingredients. Bring to a boil; reduce to simmer for 20 minutes. In small bowl, blend butter and cornstarch; gradually stir into soup. Simmer 10 minutes; stir frequently. Stir in cream cheese until melted. Add wild rice, chicken, pepper, salt, and lemon juice. Ladle into bowls; garnish. 8 servings.

#### Wild Rice Chicken Alfredo for Two

Credit: Minnesota Cultivated Wild Rice Council



#### Creamy Lemon Chicken Wild Rice Soup

Credit: Minnesota Cultivated Wild Rice Council



#### Note to Editor:

For a high-resolution electronic copy of the photos (in either black and white or color), call or email our office.

Readers responding to the brochure offer receive a "Mail Order Supplier" list along with the 2021-2022 *Minnesota Cultivated Wild Rice Recipes and Answers to Often Asked Questions* brochure. Due to limited funding, readers need to send a business size self-addressed-stamped-envelope to:

#### Minnesota Cultivated Wild Rice Council

Newest Recipes  
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