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FOOD EDITORS RELEASE

November 2024

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LET WILD RICE ADD FLAIR TO YOUR TURKEY LEFTOVERS!

Wild rice is the perfect ingredient to elevate your Thanksgiving leftovers, adding both rich flavor and a satisfying texture to your holiday meals. Packed with nutrients and a natural, smoky flavor, wild rice complements turkey beautifully, creating hearty and healthy dishes that are perfect for post-Thanksgiving feasts. Whether stirred into a savory casserole, tossed into a salad, or served as a side, wild rice brings a unique twist to traditional leftovers, making them feel fresh and exciting. Plus, its high fiber and protein content make it an excellent choice for those seeking a nutritious and flavorful way to enjoy their turkey long after the holiday has passed.

Wild rice is an “all-purpose” ingredient, versatile enough to be used in virtually any type of recipe. Its great taste and distinctive flavor is a great way to add flair and elegance to your holiday leftovers. Try incorporating the unique flavor of wild rice into your Thanksgiving leftovers by trying these easy-to-prepare recipes:

Classic Creamy Wild Rice Soup

The ideal way to use turkey leftovers is in one of America’s favorite soups – *Classic Creamy Wild Rice Soup*. Hearty, simple, and extremely flavorful, this comforting soup blends the great flavor of wild rice with turkey, onion, sherry, and almonds. It also freezes well to allow you to enjoy it long after your holidays are over.

Cherry Turkey Wild Rice Salad

Cherry Turkey Wild Rice Salad includes tender chunks of roasted turkey which pair perfectly with the nutty texture of wild rice, while tart cherries add a burst of freshness. The creamy dressing brings it all together, offering a balance of richness and tang. Each bite is a delicious combination of flavors and textures, from the crunch of walnuts to the subtle sweetness of the dried cherries, making this salad irresistibly satisfying and bursting with seasonal goodness.

Turkey Wild Rice Pot Pie Skillet

Turkey Wild Rice Pot Pie Skillet is a mouthwatering blend of creamy, savory taste sensations. Tender turkey breast is paired with sweet, caramelized carrots and onions, all enveloped in a rich, velvety cream sauce. Shredded Parmesan adds a delightful depth of flavor, creating a perfectly melted finish that coats the wild rice in a creamy texture. The crispy onions on top provide a satisfying crunch, balancing the richness of the dish with their crispy, golden texture. Every bite is a comforting mix of savory, creamy, and crispy - a dish that warms both the heart and the palate.

For even more great recipe ideas to turn your holiday turkey leftovers into an unforgettable meal, search the world's largest wild rice recipe library at www.mnwildrice.org/search.php. Enter the keyword “turkey” and search to see all the delicious ways to prepare new and creative turkey-wild rice combinations.

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 shredded carrots
- 1 cup cooked, cubed turkey breast
- 3 tbsp slivered almonds
- ½ tsp salt
- 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, turkey, almonds, and salt; simmer 5 minutes. Stir in half and half and sherry; heat through. 6 servings.

CHERRY TURKEY WILD RICE SALAD

- 2 cups turkey breast, cooked and cubed
- ¾ cup chopped onion
- ¾ cup thinly sliced celery
- 2 cups cooked wild rice
- 1 pkg (5 oz) dried cherries
- ½ cup toasted walnuts

Dressing (whisk together; chill):

- 1 cup each: mayonnaise and bottled poppyseed dressing
- 1½ tsp salt
- ¼ tsp pepper

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

TURKEY WILD RICE POT PIE SKILLET

- 2 cups turkey breast, cooked and cubed
- ¾ cup each, chopped: carrots and onion
- 3 cloves garlic, minced
- 1½ tsp each: salt and ground black pepper, divided
- 3 tbsp canola oil
- 2 cups low sodium chicken stock
- 2 tbsp all-purpose flour
- ¾ cup heavy cream
- ½ cup shredded Parmesan cheese
- 3 cups cooked wild rice
- 1 cup frozen peas
- ¾ cup packaged crispy onions

In large skillet, stir-fry first 4 ingredients, ¾ tsp salt, and ¾ tsp pepper in oil. Remove from skillet; set aside. In same skillet, whisk stock and flour; bring to boil. Whisk in cream, then cheese. Add remaining salt and pepper, turkey mixture, wild rice, and peas; heat through. Top with crispy onions. 4 servings.

Notes to Editor:

For high resolution photos of these recipes, call or email our office. If emailing, please specify your preferred photo format.

Due to limited funds, we are unable to utilize a clipping service. Run our release and send us a copy — we'll return the favor by sending you a ½ pound of wild rice. If you cannot accept the wild rice, we'd still appreciate a clipping to show our growers — **thanks!**

Classic Creamy Wild Rice Soup



Turkey Wild Rice Pot Pie Skillet

