



4630 Churchill Street, #1, St. Paul, MN 55126 • Phone: 651.638.1955 • Fax: 651.638.0756 • wr@mnwildrice.org

FOOD EDITORS RELEASE

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Contact: Beth C. W. Nelson, President

GOBBLE UP THE LEFTOVERS: WILD RICE TO THE RESCUE

Wild rice is the perfect ingredient to elevate your Thanksgiving leftovers, adding both rich flavor and a satisfying texture. Packed with nutrients and nutty flavor, wild rice complements turkey beautifully, creating hearty and healthy dishes that are perfect for post-Thanksgiving feasts. Whether stirred into a savory soup, 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 trendy recipes:

Wild Rice & Turkey Chowder

This oven-roasted, veggie-packed soup is a delicious way to put your leftover Thanksgiving turkey to good use. Hearty and comforting, it combines the unique flavor of wild rice with tender turkey, bell peppers, onions, carrots, corn, tomatoes, and creamy cottage cheese for a rich, satisfying bowl of post-holiday goodness.

Dill Pickle Wild Rice & Turkey Salad

This vibrant salad features tender chunks of roasted turkey paired with the nutty texture of wild rice, the tangy punch of dill pickles, and the fresh brightness of dill. A creamy dressing brings everything together, striking the perfect balance of richness and acidity. Every bite delivers a mix of satisfying textures—from crunchy sunflower seeds to crisp red onion—making this salad irresistibly flavorful and a fresh, fun way to enjoy your Thanksgiving leftovers.

Wildly Robust Beans & Rice Birria Bites

Wildly Robust Beans & Rice Birria Bites are a delicious way to repurpose leftover holiday protein. This flavor-packed recipe brings together chipotle peppers in adobo, red beans, maple syrup, salsa, and hearty wild rice for a dish that's bold, savory, and just a little sweet. Every bite delivers a satisfying mix of spicy heat, subtle sweetness, and the signature texture of wild rice.

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.

WILD RICE & TURKEY CHOWDER

- 4 large red bell peppers, cut into 3" wedges
- 1 large onion, cut into 3" wedges
- 2 large carrots, chopped into 2" pieces
- 1 head garlic, top cut off to expose cloves
- 3 ears fresh corn, shucked
- 1 lb cherry tomatoes
- 2 tsp each: salt and Italian seasoning
- 1½ tsp ground black pepper
- ½ cup canola oil
- ½ cup cottage cheese
- 4-5 cups chicken stock
- 2 cups cooked wild rice
- 2 cups cooked and shredded turkey breast
- ¼ cup fresh basil leaves, chopped

Preheat oven to 400°F. On large foil-lined baking sheet, place first six ingredients in an even layer. Sprinkle with seasonings; drizzle with oil. Bake 30 minutes. Remove corn; set aside. Toss remaining vegetables; bake until charred and carrots are tender. In blender, place all vegetables (except corn), cottage cheese, and 4 cups stock; blend until smooth. Transfer mixture to large saucepan; bring to very low boil. Cut corn off cobs; add corn, wild rice, and turkey to saucepan. Add remaining stock to bring to desired consistency. Stir in basil just before serving. 6 servings.

DILL PICKLE WILD RICE & TURKEY SALAD

- 3 cups cooked wild rice
- 1½ cups cooked and cubed turkey breast
- ¾ cup chopped dill pickles
- ½ cup finely chopped celery
- ¼ cup each, finely chopped: red onion and fresh dill
- ½ cup shredded cheddar cheese, garnish
- ¼ cup sunflower seeds, garnish

Dressing (whisk together; chill):

- ½ cup mayonnaise
- 1½ tbsp dill pickle juice
- 1 tsp each: Dijon mustard and garlic powder
- salt and ground black pepper, to taste

In large bowl, combine ingredients. Add dressing; toss. Chill 30 minutes; garnish. 6 servings.

WILDLY ROBUST BEANS & RICE BIRRIA BITES

- 1 yellow onion, minced
- 1 tbsp butter
- ¼ cup canola oil
- 1½ cups cooked wild rice
- 1 can (7 oz) chipotle peppers in adobo sauce
- 1 jar (16 oz) salsa
- 1 cup chicken bone broth
- 1 can (15.5 oz) red beans
- 1½ lbs cooked and shredded turkey breast
- pure maple syrup, to taste
- soft corn tortillas, lightly pan toasted
- roasted bell pepper, red onion, lime wedges, garnish

In large skillet, sauté onion in butter and oil until caramelized. Stir in wild rice; reduce heat to low. In blender, combine chipotle peppers in adobo sauce, salsa, and broth. Puree until very smooth. Stir puree and beans into skillet. Stir in turkey. Heat and stir until sauce becomes pasty. Add syrup. Serve in tortillas; garnish. 6 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!***

Wild Rice & Turkey Chowder



Dill Pickle Wild Rice & Turkey Salad



Wildly Robust Beans & Rice Birria Bites

