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## NEWS RELEASE

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# MAKE YOUR VOTE COUNT!

## Election for Winner of “Get Wild with Wild Rice” Recipe Contest Underway!

In an election year, with seemingly endless political commercials promoting candidates promising everything from balanced budgets to lower taxes, it’s not uncommon to hear the age old complaint from voters - “*My vote doesn’t matter!*” This year, however, *your vote does matter!* And the candidates up for election are making only one promise – wildly delicious taste!

In celebration of National Rice Month, created in 1991 to celebrate the harvest and recognize the contributions the U.S. rice industry makes to America’s economy, eight finalists in the Minnesota Cultivated Wild Rice Council’s “*Get Wild with Wild Rice*” recipe contest are featured on its website ([www.mnwildrice.org](http://www.mnwildrice.org)). These recipes, created by aspiring chefs from Massachusetts to California, are vying for Council’s coveted “People’s Choice Award.”

Often referred to as the “Caviar of Grains™,” wild rice has long been a favorite of cooks who use it in soups, salads, sides, main dishes, and even desserts. Wild rice, a natural food with no preservatives or additives, is a whole grain containing no sodium, sugar, saturated fat or cholesterol and is a better source of protein than white or brown rice. Wild rice is gluten-free and a great source of dietary fiber, phosphorus, calcium, and iron...all part of a healthy, well balanced diet.

So make your vote count and cast your ballot in the 5<sup>th</sup> Annual “*Get Wild with Wild Rice*” Recipe Contest by visiting [www.mnwildrice.org](http://www.mnwildrice.org) and helping one lucky winner bring home the cash prize! All votes must be cast no later than September 30<sup>th</sup>. (*One vote per person, IP addresses will be used to validate results.*)

### 2014 finalists include:

*Cheesy Chicken & Corn Wild Rice Soup* – Natalie Yarbrough, Edina, MN  
*Pork Wild Rice Caesar Salad* – Mary Shivers, Ada, OK  
*Chicken & Wild Rice Quesadillas* – Deborah Puette, Lilburn, GA  
*Thai Orange Sesame Beef Wild Rice* – Wai Leng Loke, Chicago, IL  
*Presto Pueblo Paella* – Roxanne Chan, Albany, CA  
*Creamy Chicken Florentine Wild Rice* – Mary Shivers, Ada, OK  
*Steak, Wild Rice, & Black Bean Tacos* – Sally Sibthorpe, Shelby Township, MI  
*Roasted Poblano Chicken Wild Rice* – Areli Biggers, Hopkinton, MA

For past contest winner's recipes and the world's largest online collection of wild rice recipes, visit [www.mnwildrice.org/search.php](http://www.mnwildrice.org/search.php). Pictures available upon request.