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FOOD EDITORS RELEASE

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TURN YOUR THANKSGIVING LEFTOVERS INTO AN AWARD-WINNING MEAL

1st Place World Food Championship Wild Rice Recipe Adds Flair to Your Holiday Leftovers

Thanksgiving meals are phenomenal! But they can tend to be predictable - a glistening, golden-brown turkey and stuffing, and typical sides of mashed potatoes, corn, green beans, and cranberries. Many times, however, it's not just these typical staples that make the Thanksgiving meal so memorable, but the creative ways they're prepared, as well as the ways in which we utilize those delicious leftovers.

One of the best ways to add distinctive flair and unforgettable flavor to both your Thanksgiving meal and your leftovers is by incorporating the great taste of wild rice – and what better way to do that than with a multiple award-winning recipe.

Thai Wild Rice Coconut Chicken Soup, a delicious creation which combines the smoky, nutty flavor of wild rice with curry paste, coconut milk, and peppers, was awarded the Grand Prize in the Minnesota Cultivated Wild Rice Council's *Get Wild with Wild Rice* Recipe Contest. Additionally, by virtue of her Grand Prize win, Nancy Judd, the recipe's creator, was given an automatic berth in the World Food Championship where her winning streak continued, taking 1st place in the "*Healthy Eats*" category, demonstrating not only the great taste of wild rice, but its healthy profile as well. Substituting your leftover Thanksgiving turkey for the chicken in this recipe makes it a perfect way to liven up your holiday leftovers.

Wild rice is an “all-purpose” ingredient, versatile enough to be used in virtually any type of recipe – appetizers, soups, salads, sides, or even desserts. Its great taste and distinctive flavor is a great way to add flair and elegance to your holiday leftovers.

Wild rice is a whole grain with no preservatives or additives. It doesn't contain sodium, sugar, saturated fat or cholesterol and has more protein and fewer calories than white or brown rice. It's also gluten-free and a great source of dietary fiber, phosphorus, calcium, and iron...all part of a healthy, well-balanced diet.

This year, impress your family and guests by using this multiple prize-winning recipe to liven up your Thanksgiving leftovers. For even more delicious ways to pair wild rice with your favorite Thanksgiving leftovers, search the world's largest wild rice recipe library to add wild rice to your holiday table this season (www.mnwildrice.org/search.php).

Grand Prize Winner – *Thai Wild Rice Coconut Chicken Soup* (Nancy Judd, Alpine, UT)

With its delicious combination of ingredients, *Thai Wild Rice Coconut Chicken Soup* marries wild rice with mushrooms, ginger, red curry paste, baby spinach, peanuts, and lime juice for an explosion of Thai flavor – perfect as an appetizer or hearty meal. Substituting your leftover turkey for the chicken in this recipe creates a spectacular post-holiday treat.

THAI WILD RICE COCONUT CHICKEN SOUP

Nancy Judd, Alpine, UT

8 oz sliced mushrooms
1 cup chopped onion
1 medium red bell pepper, chopped
1 tbsp ginger paste
3 cloves garlic, minced
1 tbsp butter
2 tbsp canola oil
1 tbsp toasted sesame oil
4 cups chicken broth
1 can (13.5 oz) coconut milk
1-4 tbsp Thai red curry paste, to taste
 $\frac{1}{3}$ cup creamy peanut butter
2 tbsp fish sauce
 $\frac{1}{4}$ cup low sodium soy sauce
3 tbsp brown sugar
1 tsp lime zest
 $\frac{1}{2}$ tsp cayenne pepper
 $2\frac{1}{2}$ cups cooked, chopped chicken breast (substitute turkey breast)
1 small lime, juiced
3 cups fresh baby spinach leaves
 $\frac{1}{3}$ cup roughly chopped fresh cilantro
3 cups cooked wild rice
 $\frac{1}{3}$ cup fresh basil, cut in thin strips, garnish
 $\frac{1}{4}$ cup fresh cilantro sprigs, garnish
 $\frac{1}{2}$ cup chopped peanuts, garnish
4-5 radishes, thinly sliced, garnish
6 thin slices lime, garnish
drizzle with toasted sesame oil, garnish

In large saucepan, sauté first 5 ingredients in butter and oils until tender; stir often so garlic doesn't burn. Add broth, coconut milk, curry paste, peanut butter, fish sauce, soy sauce, brown sugar, lime zest, cayenne pepper, and meat; stir well. Simmer 10-15 minutes; remove from heat. Stir in lime juice, spinach, and cilantro; let spinach wilt. Place wild rice in 6 bowls; ladle soup on top. Garnish. 6 servings.

Notes to Editor:

For high resolution photos 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 $\frac{1}{2}$ pound of wild rice. If you cannot accept the wild rice, we'd still appreciate a clipping to show our growers — **thanks!**

Thai Wild Rice Coconut Chicken Soup

Credit: Minnesota Cultivated Wild Rice Council

