

Entrees

Andouille Fried Wild Rice Skillet

Teresa Cardin - Pyatt, AR

- 8 oz Andouille sausage, sliced into half moons
- 2 tbsp canola oil
- ½ cup each, diced: white onion, green bell pepper, and celery
- 2 cloves garlic, minced
- 1¾ tsp Cajun seasoning
- 3 large eggs, beaten
- 3½ cups cooked wild rice
- 2½ tbsp soy sauce
- ½ tsp ground black pepper
- 2 tbsp chopped green onion, garnish

In large skillet, cook sausage in oil until edges brown; remove sausage, leaving oil in skillet. Add onion, bell pepper, and celery; sauté until softened. Stir in garlic and Cajun seasoning until fragrant. Move vegetables to one side; scramble eggs on other side of skillet. Stir in remaining ingredients (except garnish); heat through. Garnish. 4 servings.

Chipotle Chicken, Carrots, & Wild Rice

Emily Jenkins - Nixa, MO

- 3 large carrots, peeled and diagonally sliced into ¼" pieces
- 1 tsp honey
- 4 tsp canola oil, divided
- 2½ tsp coarse sea salt, divided
- 1 pkg (44 oz) Just Bare® Hand-trimmed Boneless, Skinless Chicken Thighs - Family Pack
- 1 tsp ground black pepper
- ½ cup honey chipotle barbecue sauce
- 2 cups cooked wild rice
- 2 tbsp unsalted butter, melted
- 1 tbsp fresh lime juice
- 2 tbsp crumbled cotija cheese
- 3 tbsp chopped fresh cilantro

Preheat grill to medium heat and oven to 400°F. On parchment-lined baking sheet, drizzle carrots with honey, 1 tsp oil, and sprinkle with ½ tsp salt; roast until tender. Brush chicken with remaining oil; sprinkle with pepper and remaining salt. Grill 5 minutes per side. Brush tops with barbecue sauce; heat through. In large bowl, stir carrots and remaining ingredients; top with chicken. 4 servings.

Wild Mexican Fried Rice

Susan Mason - Puyallup, WA

- 1 cup each, chopped: yellow onion and red bell pepper
- 1 cup shredded cabbage
- 4 tsp canola oil, divided
- 1 tbsp water
- 1 lb ground beef
- 3 tsp chili powder
- ½ tsp each: cumin and oregano
- ¾ tsp kosher salt
- ⅛ tsp cayenne pepper
- 3 cups cooked wild rice
- ½ cup taco sauce
- 2 tbsp thinly sliced green onion, garnish
- grated cheese, garnish

In large skillet, sauté onion, bell peppers, and cabbage in 2 tsp oil, 4 minutes. Add water and cover; steam 3 minutes. Set vegetables aside. In same skillet, brown beef with seasonings. Stir in wild rice, vegetables, and taco sauce; heat through. Garnish. 4 servings.

Swedish Wild Rice Lingonberry Burgers

Natalie Yarbrough - Minnetonka, MN

- 1½ cups each, diced: onion and mushrooms
- 4 tbsp canola oil, divided
- 2 tsp minced garlic
- 6½ tsp salt, divided
- 3 tbsp Worcestershire sauce, divided
- 1 lb ground beef
- ¼ lb ground pork
- 2 cups cooked wild rice
- 1-2 eggs
- 1 tsp each: allspice and nutmeg
- ½ tsp each: cardamom and ground black pepper
- 4 slices Havarti cheese
- 4 brioche buns
- lingonberry jam and spring lettuce mix, garnish

In large skillet, sauté onion and mushroom in 2 tbsp oil until softened. Add garlic, 2 tsp salt, and 2 tbsp Worcestershire sauce; sauté 5 minutes. Remove from heat; set aside. In large bowl, mix beef, pork, wild rice, 1 egg, allspice, nutmeg, 1½ tsp salt, 1 tbsp Worcestershire sauce, and pepper; add second egg if mixture is not binding well. Shape into 6 patties. In large skillet, cook burgers, 3-5 minutes per side. While in skillet, top each with cheese; melt. Place patties on buns. Top with mushroom/onion mix; garnish. 4 servings.

Dessert

Wild Rice Dubai Chocolate Strawberry Cups

Michele Kusma - Columbus, OH

- ½ cup popped wild rice*
- ½ cup pistachio cream
- ½ cup semi-sweet chocolate chips
- 2 tbsp canola oil
- 10 large fresh strawberries, hulled and quartered
- 2 whole fresh strawberries

In small bowl, mix wild rice and pistachio cream; set aside. In small microwave-safe bowl, mix chocolate and oil. Microwave 1 minute; stir halfway through. Remove from microwave; stir until smooth. In two clear 8 oz glasses, layer wild rice mixture, then strawberries, then chocolate; repeat. Top with whole strawberry. 2 servings.

**Popped Wild Rice: Preheat oven to 250°F. On large parchment-lined baking sheet, spread cooked wild rice. Bake 2 hours or until completely dry; toss occasionally. Place in bowl. In high-sided frying pan, heat ~2" oil to 370°F. In batches, use mesh spoon to lower wild rice into oil until it pops and floats, ~15 seconds. Remove; place on paper towel. Repeat.*

Nutrients Based on ½ cup serving (cooked)	Wild Rice	Enriched White Rice (long grain)	Brown Rice (long grain)
Calories	83	103	124
Protein, g	3.27	2.13	2.77
Fat, g	0.28	0.22	0.98
Dietary Fiber, g	1.50	0.30	1.60
Total Carbohydrate, g	17.50	22.25	25.84
Minerals			
Phosphorus, mg	67.00	34.00	104.00
Iron, mg	0.49	0.95	0.57
Potassium, mg	83.00	28.00	87.00
Zinc, mg	1.10	0.39	0.72
Vitamins			
Riboflavin, mg	0.07	0.01	0.07
Niacin, mg	1.06	1.17	2.59
Vitamin E, mg	0.20	0.03	0.17

USDA National Nutrient Database for Standard Reference, Legacy Release (2018).

Answers to Frequently Asked Questions About...

WildRice

Is wild rice nutritious?

Yes, wild rice is nutritious! It's a high-fiber complex carbohydrate, high in quality protein and low in fat, with only 83 calories per half-cup serving.

Does wild rice volume increase when cooked?

1 cup uncooked wild rice = 3-4 cups cooked wild rice... that's 6-8 servings from just one cup uncooked wild rice!

Is wild rice expensive?

At \$6 per pound, it's less than 38¢ per serving!

How long can I keep wild rice?

Uncooked wild rice keeps up to 5 years in an airtight container. Cooked wild rice (plain) keeps 1 week when refrigerated. Drain well; store in airtight container.

Can I freeze wild rice?

ABSOLUTELY – cooking and freezing ahead of time turns wild rice into a convenience food! Cooked wild rice (plain) will keep about 6 months in your freezer. Drain well; store in airtight containers. To use, thaw in refrigerator overnight or microwave on “defrost” setting for a few minutes.

How do I prepare wild rice?

Wild rice is easy to prepare! Add 1 cup uncooked cultivated wild rice to 3-4 cups boiling water. Return to boil; stir. Cover and simmer 30-60 minutes or until kernels begin to open. Drain any excess liquid. After cooking with wild rice you will define your preferred cook time and water content – texture of wild rice is a personal preference. For a chewier texture, cook for less time. For a tender, fluffier texture, cook longer.

Can I use wild rice in sweetened recipes?

Wild rice has a tendency to revert back to hard kernels when combined with sweeteners. Using well-cooked and chopped wild rice helps prevent this. Sweetened recipes are best when served within 24 hours.

Is there a difference in cooking characteristics or nutritional value of wild rice grown in paddies compared to that grown in lakes and rivers?

When identically processed there are no differences. Various harvesting and processing methods cause a greater variation in the kernel than the source of production.

Facts!

- 1. Wild rice is the only cereal grain native to North America.
- 2. Wild rice is Minnesota's official state grain.
- 3. Minnesota is proud to be the world's largest producer of cultivated wild rice, producing 7-12 million pounds annually.
- 4. Cultivated wild rice paddies provide a great habitat for waterfowl and other wildlife.
- 5. Wild rice is gluten-free.



MINNESOTA WILD RICE

Recipes & Answers to
Frequently Asked Questions

2025-2026 Edition

Minnesota Cultivated Wild Rice Council
4630 Churchill Street, #1
St. Paul, MN 55126

651.638.1955
wr@mnwildrice.org
www.mnwildrice.org

Soups

Classic Creamy Wild Rice Soup *"World's Most Requested Wild Rice Recipe"*

- ½ cup finely chopped onion
- 6 tbsp butter
- ½ cup flour
- 4 cups chicken broth
- 2 cups cooked wild rice
- ½ cup shredded carrots
- 2 cups cooked and cubed Just Bare® Boneless, Skinless Chicken Breast Tenderloins
- 3 tbsp slivered almonds
- ½ tsp salt
- 1 cup half & 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, chicken, almonds, and salt; simmer 5 minutes. Stir in half & half and sherry; heat through. 6 servings.

Thai Chicken & Wild Rice Soup

Daniel Carberg - Roxbury, NH

- 1 small onion, chopped
- 1 small red bell pepper, chopped
- 4 tbsp canola oil
- 1½ cups chopped cauliflower
- 2 tsp red curry paste
- 1 tsp ground ginger
- 3 cups chicken broth
- 2 Just Bare® Boneless, Skinless Chicken Breast Fillets, cooked and cubed
- 2 cups cooked wild rice
- 1 can (13.5 oz) coconut milk
- 1 tbsp salt
- sliced green onion, garnish

In large saucepan, sauté onion and bell pepper in oil, 5 minutes. Add cauliflower, curry paste, and ginger; sauté 3 minutes. Add broth; simmer 8 minutes. Add remaining ingredients (except garnish); heat through. Garnish. 6 servings.

Italian Sausage & Wild Rice Soup

Alfred Eggermont - Binford, ND

- 1 lb ground Italian sausage
- ½ medium onion, diced
- 1 tsp minced garlic
- 4 cups chicken broth
- 4 small potatoes, cubed
- 2 cups cooked wild rice
- 1 cup frozen mixed vegetables
- 1 tsp Italian seasoning
- 2½ cups half and half
- salt and ground black pepper, to taste

In large skillet, brown sausage, onion, and garlic; drain excess fat and set meat mixture aside. In large saucepan, add broth and potatoes. Bring to boil; simmer 10 minutes. Stir in meat mixture, wild rice, vegetables, and seasoning. Stir in half and half; simmer 15 minutes. Add salt and pepper. 8 servings.

Wild Rice & Turkey Chowder

Pamela Gelsomini - Miami, FL

- 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.

September is National Rice Month!

“Get Wild with Wild Rice” Recipe Contest

Thirteen finalist recipes are featured in this brochure (green font). Visit mnwildrice.org in September to vote for your favorite & search our wild rice recipe library!

Join the next contest ... send your contact information to wr@mnwildrice.org or visit MN Cultivated Wild Rice Council on Facebook, X (formerly Twitter), Instagram, or Pinterest.

Salads

Greek Chicken & Wild Rice Salad

Tiffany Aaron - Quitman, AR

- 1 pkg (18 oz) Just Bare® Boneless, Skinless Chicken Breast Fillets, diced
- 2 cups cooked wild rice
- 1 cup whole kernel corn
- 1 cup each, diced: English cucumber and red bell pepper
- 1 cup cherry tomatoes, halved
- 1 can (15 oz) garbanzo beans, drained and rinsed
- ½ cup finely diced red onion
- ½ cup sliced Kalamata olives
- ½ cup marinated artichoke hearts, chopped
- ½ cup fresh basil leaves, chopped
- ½ cup feta

Marinade/Dressing (whisk together; chill dressing portion):

- ⅓ cup canola oil
- 2 tbsp each: red wine vinegar and lemon juice
- 2 tsp each, dried: dill, parsley, and oregano
- 2 tsp each: honey and Dijon mustard
- 1 tsp each: garlic powder and sea salt

In large resealable plastic bag, place chicken and ½ cup marinade; rest 30 minutes. In large skillet, cook chicken with marinade from bag. In large bowl, stir in remaining ingredients, chicken, and remaining dressing. 8 servings.

Wild Pork, Beet, & Apple Salad

Jamie Parchman - Harlingen, TX

- 1 lb boneless pork chops, cut into bite-sized pieces
- ¾ tsp salt, divided
- ½ tsp ground black pepper, divided
- 1 tbsp canola oil
- 3 cups mixed salad greens
- 2½ cups cooked wild rice
- 6 tbsp apple vinaigrette dressing, divided
- 1 can (15 oz) sliced beets, drained and chilled
- 2 Honeycrisp apples, cored and chopped into bite-size pieces
- ¼ cup sliced almonds, toasted

In large skillet, brown pork, ½ tsp salt, and ¼ tsp pepper in oil; cook through. Set aside. In large bowl, toss greens, wild rice, and 4 tbsp dressing. Top with beets, apple, pork, almonds, and remaining salt and pepper. Drizzle with remaining dressing. 6 servings.

Dill Pickle Wild Rice & Turkey Salad *"Staff Favorite Recipe"*

- 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 tsp 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.

Street Corn Wild Rice & Steak Salad *"Staff Favorite Recipe"*

- 1½ cups whole kernel corn, charred in dry skillet
- 3 cups cooked wild rice
- 1 lb beef sirloin steak, cooked and chopped
- ½ cup crumbled cotija cheese
- ½ cup diced red bell pepper
- ¼ cup each, finely chopped: red onion and cilantro
- 1 jalapeno, seeded and minced
- lime wedges, garnish

Dressing (whisk together; chill):

- ⅓ cup mayonnaise
- 2 tbsp fresh lime juice
- 1 tsp each: lime zest and smoked paprika
- 1½ tsp chili powder
- ½ tsp garlic powder
- salt and ground black pepper, to taste

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

Minimum Internal Meat Temperature Guide	
Beef Steak/Pork Chops	145°F; allow 3 min. rest
Ground Beef/Pork	160°F
All Poultry	165°F
Color is not an indication of doneness. To measure temperature, insert a meat thermometer into thickest portion of meat. <i>Source: USDA, Food Safety Information (April 2025)</i>	

Appetizers

Minnesota Wild Rice Turkey Pinwheels

Cameron Miller - Blaine, MN

- 16 oz cream cheese, softened
- 2 tsp taco seasoning
- 2 cups cooked wild rice, warmed
- 8 oz mesquite turkey deli slices, finely chopped
- 8 oz shredded triple cheddar cheese
- ½ cup dried cranberries
- ½ cup cooked and crumbled bacon
- 4 large spinach tortilla wraps
- ½ cup sliced green onion

In large bowl, mix cream cheese and taco seasoning. Stir in next five ingredients. Spread mixture evenly over tortillas. Place line of green onion in middle of tortilla; roll tortillas towards onion. Wrap in plastic wrap; refrigerate. Cut each into eight slices. 8 servings.

Wild Rice Cheddar Bacon Hush Puppies *Natalie Yarbrough - Minnetonka, MN*

- 1 cup each: fine cornmeal and all-purpose flour
- 1 tbsp baking powder
- 2 tbsp sugar
- 1 tsp garlic powder
- 2 tsp salt
- 1 cup buttermilk
- 2 cups cooked wild rice
- 2 large eggs
- ½ cup cooked and crumbled bacon
- 1 cup shredded cheddar cheese
- ¼ cup finely chopped green onion
- 4 cups canola oil

Honey Butter (stir together; set aside):

- ¾ cup salted butter, room temperature
- ¼ cup honey

In large bowl, combine dry ingredients; stir in remaining ingredients (except oil). In large skillet, heat oil to 350°F. Drop batter in oil, 2 tbsp at a time. Turn frequently until golden brown. Remove; place on paper towel. Serve with honey butter. 8 servings.

Wildly Robust Beans & Rice Birria Bites *Laura Kurella - Wellston, MI*

- 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 (any combo): beef chuck roast, pork shoulder, and 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. Evenly divide wild rice mixture into separate skillets for each meat; stir in meat(s). Heat and stir until sauce becomes pasty. Add syrup. Serve in tortillas; garnish. 6 servings.