

Entrees, continued

Miso Steak Fried Wild Rice

Pamela Gelsomini - Miami, FL

- 2 lbs flank steak
- 1 large onion, chopped
- 6 cloves garlic, chopped
- 2 tbsp minced ginger
- 2 tbsp canola oil
- 12 oz shiitake mushroom caps, sliced
- 1 large red bell pepper, sliced
- 4 eggs
- 3 cups cooked wild rice
- 3 tbsp oyster sauce
- 2 tbsp soy sauce
- 1 can (8 oz) diced water chestnuts, drained
- 2 cups pea pods, stringed
- ¼ cup each, chopped: green onion and cilantro, garnish
- 2 tsp sesame seeds, garnish

Marinade (whisk together):

- 3 tbsp each: rice vinegar and white miso paste
- 2 tbsp packed brown sugar
- 6 cloves garlic, minced
- 1½ tbsp minced ginger
- ½ tsp crushed red pepper

In large resealable plastic bag, place marinade and steak; marinate in refrigerator 4 hours (or overnight). Preheat grill to 400°F. Grill steak; rest. In large skillet, sauté onion, garlic, and ginger in oil, 2 minutes. Stir in mushrooms and bell pepper; cook 3-4 minutes. Push veggies to the side of the skillet. Crack eggs into empty side; scramble. Combine eggs with veggies while stirring in wild rice; heat through. Stir in oyster sauce, soy sauce, water chestnuts, and pea pods; cook 2 minutes. Thinly slice steak; place on top of wild rice mixture. Garnish. 8 servings.

Green Chile Chicken & Wild Rice Skillet

Jordan Kiemele - Phoenix, AZ

- 3 Just Bare® Hand-trimmed Boneless, Skinless Chicken Thighs, diced
- ½ tsp each: kosher salt and ground black pepper
- ¼ tsp garlic powder
- 1 tbsp canola oil
- 1 small onion, diced
- 1 can (4 oz) diced green chiles
- ¾ cup chicken broth
- 1½ cups cooked wild rice
- ½ cup sour cream
- ¾ cup shredded Monterey Jack cheese, divided

In large skillet, cook chicken, salt, pepper, and garlic powder in oil. Stir in onion, chiles, broth, and wild rice; heat through. Reduce heat; fold in sour cream and half the cheese until creamy. Top with remaining cheese. 2 servings.

Baking option: use an oven-safe skillet and broil 2-3 minutes after topping with remaining cheese.

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

Turkey Wild Rice Muffin Tin Frittatas

Shannon Kohn - Murrells Inlet, SC

- canola oil cooking spray
- 1 lb ground turkey breakfast sausage
- ½ cup diced onion
- 2 tbsp everything bagel seasoning
- 1 tbsp canola oil
- 3 cups cooked wild rice
- 1½ cups shredded smoked Gruyère cheese
- 6 eggs
- ¾ cup buttermilk
- thinly sliced green onions, garnish

Preheat oven to 375°F. Spray a 12-count non-stick muffin tin with canola spray; set aside. In large skillet, brown turkey with onion and bagel seasoning in oil. Evenly divide mixture into wells of muffin tin. Add ¼ cup wild rice and ⅓ cup cheese to each well. In large bowl, whisk eggs and buttermilk; divide evenly into each well. Bake 25-28 minutes until cooked through; cool. Garnish. 6 servings.

Bread

Orange-Cranberry Wild Rice Donuts

Shannon Kohn - Murrells Inlet, SC

- canola cooking spray
- 1½ cups cooked wild rice
- 1 cup all-purpose flour
- ⅓ cup packed light brown sugar
- ½ cup dried sweetened cranberries, divided
- 1 tsp baking powder
- ½ tsp orange zest
- ¼ tsp salt
- 2 eggs
- ¼ cup each: sour cream and buttermilk
- 2 tbsp canola oil
- 3 tbsp orange juice
- ¾ cup powdered sugar

Preheat oven to 350°F. Spray 6-count donut pan with canola spray. In large bowl, mix wild rice, flour, brown sugar, ¼ cup cranberries, baking powder, zest, and salt. Add eggs, sour cream, buttermilk, and oil; stir well to combine. Place mixture into large resealable plastic bag; snip corner of bag and pipe equal amounts into each well of the donut pan. Bake 15-20 minutes until toothpick inserted in the center comes out clean; remove and cool. In small food processor, pulse remaining cranberries and juice; stir in powdered sugar. Drizzle over donuts. 6 servings.

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 tends to revert 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

2026-2027 Edition

Minnesota Cultivated Wild Rice Council
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Soups

Classic Creamy Wild Rice Turkey 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
- 2 cups cooked and cubed turkey breast
- 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, turkey, almonds, and salt; simmer 5 minutes. Stir in half & half and sherry; heat through. 6 servings.

Wild Chili Verde Soup

Mary Edwards - Ormond Beach, FL

- 1½ lbs boneless center cut pork chops, cut into bite-sized pieces
- 2 tbsp canola oil
- 1 medium onion, chopped
- 3 cloves garlic, diced
- 1 tbsp powdered enchilada seasoning
- 5 cups chicken stock
- 1 jar (16 oz) salsa verde
- 1½ cups corn
- 4 cups cooked wild rice
- ½ cup each, chopped: green onion and fresh cilantro, garnish
- ½ cup sour cream, garnish
- 1 jalapeno, thinly sliced, garnish
- 4 strips bacon, cooked and chopped, garnish
- ½ cup finely shredded Mexican cheese, garnish

In large saucepan, brown pork in oil; cook through. Stir in onion, garlic, and enchilada seasoning, 3 minutes. Add stock and salsa; simmer 30 minutes. Add corn and wild rice; heat through. Ladle into serving bowls; garnish. 8 servings.

Wild Rice Taco Soup

Sue Hanson-Eggermont - Binford, ND

- 1 lb ground beef
- 4 cups beef broth
- 1 can (10 oz) diced tomatoes with green chilies
- 2 packets (1 oz ea) taco seasoning
- 1 can each (15 oz ea): corn and black beans, drained
- 2 cups heavy whipping cream
- 3 cups cooked wild rice
- shredded cheese, pico de gallo, and tortilla strips, garnish

In large saucepan, brown beef; drain excess fat. Stir in remaining ingredients (except garnish); heat through. Ladle into serving bowls; garnish. 8 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>	

Gone Wild Chicken Gnocchi Soup

Mary Shivers - Ada, OK

- ½ cup diced mirepoix mix
- 2 tbsp canola oil
- 1 Just Bare® Boneless, Skinless Chicken Breast Fillet, cut into bite-sized pieces
- 1⅓ cups chicken broth
- 1¼ cups shelf-stable potato gnocchi
- ¾ cup cream of chicken soup
- 1½ cups cooked wild rice
- salt and ground black pepper, to taste

In large saucepan, sauté mirepoix in oil until tender. Add chicken; cook through. Stir in broth; bring to a boil. Stir in remaining ingredients; heat through. 2 servings.

September is National Rice Month!

“Get Wild with Wild Rice” Recipe Contest

Fourteen 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

Chophouse Wild Rice Salad

"Staff Favorite Recipe"

- 1 lb sirloin steak, grilled, sliced
- 3 cups cooked wild rice
- 1 cup halved cherry tomatoes
- ½ cup each, chopped: red onion, yellow bell pepper, and green bell pepper
- 1 pkg (5 oz) crumbled blue cheese

Dressing (whisk together; chill):

- ⅓ cup balsamic vinegar
- 1 tbsp Dijon mustard
- ½ tsp salt
- ½ tsp minced garlic
- ¼ cup canola oil

In large bowl, combine ingredients. Add dressing; toss. 4 servings.

Pork Roast Wild Rice Salad

Lori McLain - Denton, TX

- 2 cups cooked wild rice
- 12 oz boneless pork shoulder roast, cooked and shredded
- 1 cup each, thawed: frozen seasoning blend vegetables (bell peppers, onions, celery) and frozen peas
- ½ cup cherry tomatoes, quartered
- ⅓ cup each: roasted pepitas, dried blueberries, and dried cranberries

Dressing (whisk together; chill):

- 2 tbsp apple cider vinegar
- 1 tsp each: salt, ground black pepper, and sugar
- 1 tbsp onion powder
- 3 tbsp canola oil

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

New England Wild Rice Salad Bowl

Lisa Keys - Kennett Square, PA

- 1 cup diced apple
- 2 tbsp lemon juice, reserving for dressing
- 2½ cups cooked wild rice
- 1 cup each, torn: Boston lettuce and arugula
- ½ lb deli smoked turkey, ½" thick, cut into bite-sized pieces
- ½ cup diced Vermont sharp cheddar cheese, garnish
- 1 pkg (3.5 oz) dried and sweet cranberries and glazed walnuts salad topping, garnish

Dressing (whisk together; chill):

- reserved lemon juice
- ¼ cup balsamic vinegar
- 2 tbsp real maple syrup
- 1 tsp Dijon mustard
- ½ tsp kosher salt
- ¼ tsp ground black pepper
- ⅙ tsp each: garlic powder and dried thyme
- ½ cup canola oil

In small bowl, toss apples with lemon juice; set aside. In large bowl, toss wild rice, lettuce, arugula, and turkey. Using slotted spoon, transfer apples to wild rice mixture; reserve lemon juice for dressing. Add dressing; toss. Garnish. 4 servings.

Wild Rice Chicken & Red Cabbage Salad

Emily Falke - Santa Barbara, CA

- 1 Just Bare® Boneless, Skinless Chicken Breast Fillet, cooked and shredded
- 1 cup cooked wild rice
- ¼ cup finely chopped cilantro
- 1 cup shredded red cabbage

Dressing (whisk together; chill):

- 2 tsp each: seasoned rice vinegar and soy sauce
- ¼ tsp salt
- ⅙ tsp ground black pepper
- 2 tbsp canola oil

In large bowl, combine ingredients. Add dressing; toss. 2 servings.

Appetizers

Loaded Wild Rice Smashed Potatoes

Natalie Yarbrough - Minnetonka, MN

- 2 tbsp canola oil
- 5 oz shredded Parmesan cheese
- 2 cups cooked wild rice
- 1½ lbs baby potatoes
- 2 tbsp sea salt, divided
- 1 pkg (8 oz) shredded colby-jack cheese
- 1 pkg (3 oz) sliced prosciutto
- 2 green onions, thinly sliced, garnish
- ½ cup sour cream, garnish

Preheat oven to 425°F. Coat baking sheet in oil; set aside. In medium bowl, mix Parmesan and wild rice. Place 2-3 tbsp of mixture in circles on baking sheet. In large pot, boil potatoes with 1 tbsp salt until tender; drain. Place potatoes on cutting board; use bottom of glass to flatten. Place one potato on top of wild rice circles; sprinkle each with 1 tbsp colby-jack cheese. Top each with small piece of prosciutto; bake 20 minutes. Sprinkle with remaining salt; garnish. 6 servings.

Turkey Wild Rice French Onion Dip

Cameron Miller - Blaine, MN

- 1 medium onion, diced
- ⅙ tsp baking soda
- ½ tsp salt
- 1 tsp canola oil
- 1 tbsp minced garlic
- 1 lb ground turkey
- 1 packet (2 oz) onion soup mix
- 4 cups cooked wild rice
- ½ cup white wine
- ¼ cup beef broth
- 2 tbsp Worcestershire sauce
- 1 tbsp soy sauce
- 1 lb cream cheese
- 8 oz mascarpone cheese
- ½ tsp fresh thyme
- ¼ tsp fresh dill
- ½ lb bacon, cooked and crumbled
- ½ cup each, shredded: Monterey Jack and mozzarella cheeses crackers or chips

In large skillet, sauté onions, baking soda, and salt in oil. Add garlic and turkey; cook until browned. Stir in soup mix, wild rice, wine, broth, Worcestershire sauce, and soy sauce; deglaze pan. Fold in cream cheese and mascarpone until creamy. Stir in remaining ingredients. Serve with crackers or chips. 8 servings.

Entrees

Wild Rice & Pork Hawaiian Lettuce Boats

Merry Graham - Newhall, CA

- 8 oz ground pork
- 1 tbsp peeled and finely grated fresh ginger
- 1 tbsp canola oil
- ⅓ cup teriyaki sauce
- 6 tbsp coarsely chopped cilantro, divided
- 1 can (20 oz) crushed pineapple, divided
- 1½ cups cooked wild rice
- salt and ground black pepper, to taste
- 6 large romaine or iceberg lettuce leaves

In large skillet, brown pork and ginger in oil. Add teriyaki sauce, 3 tbsp cilantro, and ⅓ cup pineapple; simmer 2 minutes. Stir in wild rice, salt, and pepper; heat through. Divide mixture between lettuce leaves; garnish with remaining cilantro and pineapple. 2 servings.

Wild Rice Pot Roast Peppers

Lori McLain - Denton, TX

- 3 large bell peppers, halved and seeded
- 1½ cups cooked wild rice
- 1 cup cooked and shredded pot roast
- 1 cup fresh pico de gallo, slightly drained
- ½ cup corn
- 1 cup shredded white cheddar cheese

Turn oven to broil. On baking sheet, place pepper halves cut side down; broil 1-2 minutes until blistered. Remove from oven; cool. In medium bowl, mix wild rice, pot roast, pico, and corn. Arrange broiled pepper halves on parchment-lined baking sheet and fill with wild rice mixture; top with cheese. Broil 1-2 minutes. 6 servings.
Appetizer option: replace bell peppers with smaller Anaheim peppers.