

Mandarin Wild Rice Casserole

Shelly Fisher, Hermiston, OR

- 1 pkg (20 oz) Gold'n Plump® Recipe Ready™ Ground Chicken
- 2 tbsp olive oil
- ½ cup chopped onion
- 2 cans (10¾ oz each) cream of mushroom soup
- ¾ cup chicken broth
- 2 tbsp soy sauce
- 2 tbsp cooking sherry
- 1 tbsp dark brown sugar
- pepper, to taste
- 1 tsp minced garlic
- 4 cups cooked wild rice
- 2 tsp shredded ginger
- 1 pkg (7.5 oz) frozen Green Giant® Simply Steam® Green Beans with Almonds, prepared as directed on pkg
- 1 can (6.5 oz) sliced mushrooms, drained
- 1 can (11 oz) mandarin oranges, drained

In a large skillet, brown chicken in oil. Add onion; cook 5 minutes. In large bowl, whisk soup, broth, soy sauce, sherry, brown sugar and pepper; add to skillet mixture. Stir in remaining ingredients; heat through. 6-8 servings.

Wild Rice Chicken Stir-Fry

Lynne Akiko, Honolulu, HI

- 1 pkg (14 oz) Gold'n Plump® Extra Tender™ Boneless Skinless Chicken Breast Pieces for Stir Fry
- 1 red pepper, julienned
- 1 pkg (8 oz) frozen Green Giant® Simply Steam® Broccoli & Carrots with Garlic & Herbs, prepared as directed on pkg
- 2 cups cooked wild rice

Sauce (whisk together):

- 2 tbsp canola oil
- 2 tbsp shoyu
- 2 tbsp mirin
- 1 tbsp water
- 2 cloves garlic, minced
- ¼ cup chopped onion

In large skillet or wok; heat sauce. Add chicken and red pepper; stir-fry. Stir in remaining ingredients; heat through. 4 servings.

Side Dishes

Traditional Minnesota Side Dish

- ¾ cup chopped onion
- ¾ cup chopped celery
- 2 cups sliced fresh mushrooms
- 2 tbsp butter
- ¼ cup sherry
- ½ tsp salt
- ⅛ tsp pepper
- 6 cups cooked wild rice

In a large skillet, saute onion, celery and mushrooms in butter; add remaining ingredients. Cook until liquid is evaporated and wild rice is heated through. 6-8 servings.

Wild Rice Broccoli Stovetop Skillet

Laura Speck, North Little Rock, AR

- 1 cup diced celery
- 1 cup diced onion
- ½ tsp minced garlic
- 2 tbsp butter
- 1 can (10¾ oz) cream of mushroom soup
- 1 can (10¾ oz) cream of chicken soup
- ⅛ tsp nutmeg
- ½ tsp pepper
- ⅛ tsp smoked paprika
- ½ tsp salt
- ½ cup sour cream
- 1 cup milk
- 6 cups cooked wild rice
- 2 pkg (10 oz each) frozen Green Giant® Broccoli & Cheese Sauce, prepared as directed on pkg
- 1 cup Sargento® Artisan Blends® Shredded Authentic Mexican Cheese

In large skillet, saute celery, onion and garlic in butter. Stir in soups, nutmeg, pepper, paprika, salt, sour cream and milk; whisk till smooth. Stir in remaining ingredients; heat through. 8-10 servings.

"Get Wild with Wild Rice" Recipe Contest

Five recipe contest finalists are featured in this brochure (green font).

Visit our website (www.mnwildrice.org) in September to vote for your favorite recipe and search our wild rice recipe library!

Join the 2011 contest ... send your contact information via email to wr@mnwildrice.org or visit MN Cultivated Wild Rice Council on Facebook.

September is National Rice Month!

Nutrients Based on ½ cup serving (cooked)	Wild Rice	Enriched White Rice (long grain)	Brown Rice (long grain)
Calories	83	97	108
Protein, g	3.27	2.30	2.52
Fat, g	0.28	0.29	0.88
Dietary Fiber, g	1.50	0.70	1.80
Total Carbohydrate, g	17.50	20.58	22.39
Minerals			
Phosphorus, mg	67.00	43.00	81.00
Iron, mg	0.49	1.43	0.41
Potassium, mg	83.00	44.00	42.00
Zinc, mg	1.10	0.29	0.61
Vitamins			
Riboflavin, mg	0.07	0.01	0.02
Niacin, mg	1.05	1.82	1.49
Vitamin E, mg	0.20	0.01	0.03

Note: Data taken from USDA Nutrient Database for Standard Reference, Release 22 (2009).

Answers to Often Asked Questions About...

Wild Rice

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 \$6.00 per pound, it's only about 28¢ per serving!

How long can I keep wild rice?

Uncooked wild rice keeps up to 10 years in an airtight container. Cooked wild rice (plain) keeps 1 week when refrigerated. Drain well; store in airtight container.

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 30-45 minutes or until kernels just start 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 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 a few minutes.

Can I use wild rice in sweetened recipes?

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

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.

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 one of the world's largest producers of cultivated wild rice, producing 5-10 million pounds annually.
4. Cultivated wild rice paddies provide a great habitat for waterfowl and other wildlife.
5. New study results...wild rice is gluten-free!

MINNESOTA CULTIVATED Wild Rice COUNCIL

Recipes and Answers to Often Asked Questions

2010 - 2011 Edition

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Soups

Classic Creamy Wild Rice Chicken Soup

- ½ cup finely chopped onion
- 6 tbsp butter
- ½ cup flour
- 1 pkg (32 oz) chicken broth
- 3 cups cooked wild rice
- ½ cup grated carrots
- 1 cup cooked, cubed Gold'n Plump® All Natural™ Boneless Skinless Split Chicken Breast
- 3 tbsp slivered almonds
- ½ tsp salt
- 1 cup half and half
- 2 tbsp dry sherry

In large saucepan, saute 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 and half and sherry; heat through. 6 servings.

Wild Beer Cheese Soup

- 1 cup finely chopped onion
- ½ cup butter
- ¾ cup flour
- 4 cups milk
- 1 can (12 oz) beer
- 1 pkg (8 oz) Sargento® Artisan Blends® Shredded Wisconsin Sharp White Cheddar Cheese
- 1 pkg (24 oz) frozen Green Giant® Broccoli, Carrots, Cauliflower & Cheese Sauce, prepared as directed on pkg
- ¼ tsp cayenne pepper
- 3 cups cooked wild rice

In large saucepan, saute onion in butter. Add flour, stirring until bubbly; gradually stir in milk and beer. Stir in remaining ingredients; heat through. 6-8 servings.

Italian Tomato Wild Rice Stew

- 1 lb lean ground beef
- salt and pepper, to taste
- 1 tsp minced garlic
- 1 pkg (10 oz) frozen Green Giant® Creamed Spinach, prepared as directed on pkg
- 2 cups Wee Willy's® Our Family Recipe Pasta Sauce
- 1 pkg (32 oz) beef broth
- 2 tbsp honey
- 1 tbsp butter
- 3 cups cooked wild rice
- ¼ cup chopped parsley, garnish
- 1 cup Sargento® Artisan Blends® Shredded Parmesan Cheese, garnish

In large saucepan, brown beef, salt and pepper; drain. Stir in garlic, spinach, pasta sauce, broth and honey; simmer 10 minutes. Add butter and wild rice; heat through. Garnish with parsley and cheese. 6-8 servings.

Wild Rice & Pork Soup

- 1 lb boneless pork chops, cut in bite-size pieces
- ½ cup chopped onion
- 1 tsp canola oil
- 2 tsp cumin
- ¼ tsp garlic powder
- 4 cups cooked wild rice
- 1 pkg (9 oz) frozen Green Giant® Simply Steam® Asparagus Cuts, prepared as directed on pkg, drained
- 1 pkg (9 oz) frozen Green Giant® Simply Steam® Niblets® Corn, prepared as directed on pkg, drained
- 1 pkg (32 oz) chicken broth
- 1 can (4 oz) diced green chiles, drained
- ⅛ tsp hot pepper sauce
- chopped parsley, garnish

In large saucepan, saute pork and onion in oil. Stir in remaining ingredients except parsley; bring to boil. Reduce heat; simmer 20 minutes. Garnish with parsley. 6-8 servings.

Appetizer

Wild Beef Pepper Wedges

- 1 lb flat iron steak, cut in bite-size pieces
- 1 tbsp canola oil
- 2 cups cooked wild rice
- ½ cup Wee Willy's® Red French Dressing
- 1 large fresh orange, peeled, cut into small pieces
- ¼ cup chopped cilantro
- 4 large peppers, assorted colors, cut each into 8 wedges
- fresh cilantro sprigs, garnish

In large skillet or wok, saute steak in oil. Stir in wild rice, dressing, oranges and cilantro. Fill pepper wedges with wild rice mixture. Garnish with cilantro. 8 appetizer servings.

Salads

Fruited Pork & Wild Rice Salad

- 1 lb pork tenderloin, cooked, cut in bite-size pieces
- 1 cup Sargento® Shredded Reduced Sodium Mild Cheddar Cheese
- 3 cups cooked wild rice
- 1 cup chopped walnuts
- ¼ cup chopped red onion
- 1 cup chunked fresh pineapple
- 1 cup sliced mushrooms
- 1 cup raspberries
- 1 mango, peeled, cut into small pieces
- 1 pkg (10 oz) fresh spinach leaves

Dressing (whisk together; chill):

- ⅓ cup raspberry vinegar
- 2 tbsp canola oil
- 2 tsp honey
- ¼ tsp salt

In a large bowl, toss salad ingredients, except spinach leaves. Add dressing; toss. Serve on spinach leaves. 6 servings.

Wild Rice Pinwheel Salad

- 1½ lb beef flank steak, pounded to approximately 8x11" - ¼" thick
- salt and pepper, to taste
- 1 tbsp canola oil
- 1 pkg (9 oz) frozen Green Giant® Chopped Spinach, prepared as directed on pkg; squeezed to remove moisture
- 1 cup Sargento® Bistro® Blends Shredded Mozzarella & Asiago with Roasted Garlic Cheese
- 1 cup cooked wild rice
- 1 pkg (5 oz) romaine lettuce
- ¼ cup Wee Willy's® White French Dressing
- 1 cup grape tomatoes
- 1 can (12 oz) artichoke hearts, drained

Cut steak into 4 equal strips, season with salt and pepper. In large skillet, saute steak in oil; set aside. In large bowl, combine spinach, cheese and wild rice. Divide mixture into 4 equal portions and press over beef; roll each portion of beef and slice forming 12 pinwheels, each about 1 inch thick. Place lettuce on plate; drizzle with dressing. Top with pinwheels; garnish with tomatoes and artichokes. 4 main servings or 12 starter salads.

Wild French 'n Chicken Salad

- 4 cups cooked wild rice
- ¾ cup thinly sliced celery
- 8 green onions, thinly sliced
- 1 cup seeded, chopped cucumber
- 1 cup chopped red pepper
- 2 cups Sargento® Shredded Reduced Sodium Mild Cheddar Cheese
- 1 cup Wee Willy's® White French Dressing
- 1 pkg (16 oz) Gold'n Plump® Extra Tender™ Boneless Skinless Chicken Breast, grilled, sliced

In large bowl, toss all ingredients, except chicken. Top with chicken. 4-6 servings.

Summertime Wild Rice Salad

Bernadette Seliski, Lilydale, MN

- 4 cups cooked wild rice
- 1 pkg (16 oz) Gold'n Plump® Extra Tender™ Boneless Skinless Chicken Breast, grilled, cubed
- 1 cup toasted pecan halves
- ½ cup diced celery
- ½ cup chopped green onions
- salt and pepper, to taste
- 1 cup dried cherries, reserve 3 tbsp for garnish
- ¼ cup finely chopped parsley, reserve 1 tsp for garnish

Dressing (whisk together; chill):

- 1½ cups mayonnaise
- ½ cup milk
- 1 tbsp sugar

In large bowl, toss salad ingredients except those reserved for garnish. Add dressing; toss. Garnish with reserved cherries and parsley. 6-8 servings.

Entrées

Amazing Minnesota Thai

- 1 pkg (18.4 oz) pork tenderloin (Apple Bourbon or Original flavor), cut in bite-size pieces
- 1 cup peeled, diced (½" cubes) sweet potato
- ½ cup sliced green onion
- 2 tbsp canola oil
- 1 tbsp minced fresh ginger
- 1½ tsp lime juice
- 1 can (15 oz) coconut milk
- 3 cups cooked wild rice
- 1 pkg (9 oz) frozen Green Giant® Simply Steam® Snap Peas, prepared as directed on pkg, drained
- ¼ cup fresh basil, cut into strips

In large skillet or wok, saute pork, sweet potato and onion in oil. Add ginger, lime juice, coconut milk and wild rice; simmer until potato is tender. Stir in pea pods; garnish with basil. 4-6 servings.

Pork Fried Rice

Debbi Bender, Horse Shoe, NC

- 1 lb pork tenderloin, cut in bite-size pieces
- ¼ cup chopped onion
- 2 tbsp butter
- ½ tsp garlic powder
- ½ tsp onion powder
- 2 chicken bouillon cubes
- ¼ cup water
- 2 cups cooked wild rice
- 1 pkg (9 oz) frozen Green Giant® Teriyaki Vegetables, prepared as directed on pkg
- 2 eggs, scrambled

In large skillet or wok, saute pork and onion in butter. Add garlic powder, onion powder, bouillon cubes and water; stir well and bring to a boil. Add wild rice and vegetables; heat through. Stir in eggs. 4 servings.

Cheesy Mexican Skillet

- 1 lb lean ground beef
- 1 cup chopped onion
- 1 can (4 oz) sliced mushrooms, drained
- 1½ tsp garlic powder
- 1 tsp chili powder
- ½ tsp salt
- ½ tsp pepper
- ⅓ cup sour cream
- ½ cup Wee Willy's® Chunky Medium Salsa
- 2 pkgs (10 oz each) frozen Green Giant® Cream Style Corn, prepared as directed on pkg
- 4 cups cooked wild rice
- 2 cups Sargento® Artisan Blends® Shredded Authentic Mexican Cheese, divided

In a large skillet, brown beef, onion and mushrooms. Add garlic powder, chili powder, salt and pepper. Stir in sour cream, salsa, corn, wild rice and 1 cup cheese; heat through. Melt remaining cheese on top. 6 servings.