



Using Wild Rice

September 2014

Wild Rice and Edamame Salad

Source: www.chow.com

Makes: 6-8 servings (about 7 cups) | Total time: 40 minutes

Ingredients

1/2 cup blanched slivered almonds
2 tablespoons white sesame seeds
4 cups cooked wild rice
3 medium scallions, thinly sliced (white and light green parts only)
2 cups shelled cooked edamame, thawed if frozen
2 medium carrots, peeled and small dice
1/2 cup dried cranberries
3 tablespoons olive oil
2 tablespoons toasted sesame oil
1/4 cup rice vinegar, plus more as needed
2 teaspoons honey
Kosher salt
Freshly ground black pepper

Directions

1. Place the almonds in a medium frying pan over medium heat and toast, stirring often, until golden brown (do not let the nuts burn), about 8 to 10 minutes. Transfer to a large heatproof bowl. Add the sesame seeds to the pan and toast, stirring often, until golden brown, about 2 to 3 minutes. Transfer to the bowl with the almonds.
2. Add the rice, scallions, edamame, carrots, and cranberries to the bowl with the almonds and sesame seeds and toss to combine.
3. Whisk the olive oil, sesame oil, rice vinegar, honey, and a pinch each of salt and pepper in a medium bowl until combined. Drizzle over the rice mixture and toss to combine. Taste and season as needed with more salt, pepper, and vinegar. Cover and chill for at least one hour before serving.

Nutritional Information (per serving): Calories 310, Total Fat 12g, Saturated Fat 1g, Cholesterol 0mg, Sodium 55mg, Total Carbohydrates 36g, Fiber 6g, Sugars 11g, Protein 9g

Cream of Chicken and Wild Rice Soup

Source: *Eating Well*

Makes: 4 servings, 1 ¾ cup each | Active Time: 35 minutes | Total Time: 35 minutes

Ingredients

1 tablespoon extra-virgin olive oil
1 cup sliced mushrooms, (about 4 ounces)
¾ cup chopped celery
¾ cup chopped carrots
¼ cup chopped shallots
¼ cup all-purpose flour
¼ teaspoon salt
¼ teaspoon freshly ground pepper
4 cups low sodium chicken broth
1 cup quick-cooking or instant wild rice
3 cups shredded cooked chicken, or turkey (12 ounces)
½ cup plain nonfat Greek yogurt
2 tablespoons chopped fresh parsley

Directions

1. Heat oil in a large saucepan over medium heat. Add mushrooms, celery, carrots and shallots and cook, stirring, until softened, about 5 minutes. Add flour, salt and pepper and cook, stirring, for 2 minutes more.
2. Add broth and bring to a boil, scraping up any browned bits. Add rice and reduce heat to a simmer. Cover and cook until the rice is tender, 5 to 7 minutes. Stir in chicken, Greek yogurt and parsley and cook until heated through, about 2 minutes more.

Nutritional Information (per serving): Calories 320, Total Fat 7g, Saturated Fat 1.5, Cholesterol 80mg, Sodium 400mg, Total Carbohydrate 22g, Fiber 2g, Sugars 3g, Protein 40g

Glorified Wild Rice

Source: www.brownielocks.com/wildrice.html

Makes: 10 servings

Ingredients

1 cup cooked wild rice
1 cup cooked white rice
2 cups drained crushed pineapple
1 cup miniature marshmallows
¼ cup maraschino cherries, chopped
Dash of sugar
Dash of vanilla
1 cup Cool Whip

Directions

Mix all this together and chill for at least 2 hours.

Nutritional Information (per serving): Calories 100, Total Fat 1.5g, Saturated Fat 1g, Cholesterol 0mg, Sodium 5mg, Total Carbohydrate 21g, Fiber 1g, Sugars 11g, Protein 1g