

## Wild Rice

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Wild Rice – Nutrition Breakdown

## Creamy Chicken Pot Pie Wild Rice

### Ingredients

2 cups Wild Rice, uncooked  
3/8 teaspoon Salt  
1 tablespoon Olive oil  
5 Garlic cloves, minced  
2 Carrots peeled, finely grated  
1 pound Chicken Breast, chopped into small chunks  
1/4 teaspoon Salt  
1/4 teaspoon Black Pepper  
1 cup Green Peas, may be frozen or canned  
1 cup Half and Half  
1/3 cup Chicken Broth  
1/2 cup Parmesan Cheese, shredded

### Instructions

1. Cook wild rice + 3/8 teaspoon salt in a large pot of boiling water according to the cooking instructions on the package (usually, wild rice cooks about 45 minutes, so plan accordingly).
2. When wild rice is almost cooked, heat olive oil in a large skillet on medium-high heat. Add minced garlic, finely grated carrots, and cook, stirring, for about 1 minute, until carrots start to soften.
3. Add chopped chicken, sprinkle with 1/4 teaspoon salt and 1/4 teaspoon pepper, and cook on medium heat for about 5 minutes, stirring occasionally, until the chicken is cooked through.
4. Add 1 cup green peas (I used the frozen ones). You can add them either frozen or thawed. Stir them in and mix with chicken-carrot mixture.
5. When the wild rice is done, add cooked wild rice to the skillet with the chicken and mix everything.
6. Add 1 cup half and half, 1/3 cup chicken broth to the skillet with the chicken and rice and bring to boil. Add 1/2 cup shredded Parmesan cheese. Stir, until the cheese has melted, on medium-low heat. Taste and add salt and pepper to taste.

**Yield:** 10 servings

## Chicken and Wild Rice Soup

### Ingredients

- 1 pound Chicken Breasts, thawed if using frozen – cut in half if large
- ½ small Onion or 1 large Shallot, minced
- 2 Carrots, minced
- 2 Celery Stalks, minced
- 2 Garlic Cloves, minced
- 1 ½ tsp Salt
- ½ tsp Pepper
- ½ tsp Dried Thyme
- ¼ tsp Dried Sage
- ¼ tsp Dried Rosemary
- 1 large or 2 small Bay Leaves
- 2 Tbsp Butter
- 6 cups Reduced Sodium or Low Sodium Chicken Broth
- ¾ cups Wild Rice (may do a 1/2 Wild Rice and ½ Brown Rice Blend)

### Instructions

1. Add all ingredients into a 6-qt crock pot then cook on low for 4 hours or until chicken breasts are cooked through. Rice should be done around the same time. (If rice is not done remove chicken from pot and add back in when rice is done cooking – may need to let soup re-heat just a bit.)
2. Shred chicken then stir back into soup and serve. Soup will thicken as it cools.

**Yield:** 4 servings.

## Creamy Wild Rice Casserole

### Ingredients

- 1 pound Lean Ground Beef or choice Ground Meat
- ½ cup Onion, diced
- 1 cup Celery, sliced
- 1 cup Carrots, Sliced
- 1 cup Wild Rice, rinsed
- 3 Tbsp Low Sodium Soy Sauce
- 3 cups Water
- 1 – 10.5 oz can Low Sodium Cream of Mushroom Soup
- 1 – 10.5 oz can Low Sodium Cream of Chicken Soup
- ½ tsp Black Pepper

### Instructions

1. Preheat oven to 350 degrees. Grease a 9x13 baking dish.
2. In a large skillet, brown the ground beef and onion until beef is cooked. Drain the excess grease.
3. Add the remaining ingredients to the skillet, stir until fully combined. Remove from heat and pour into the baking dish. (May also combine all ingredients in baking dish.)
4. Bake for 2 hours or until rice is tender. Remove from oven and let stand for 5-10 minutes before serving.

**Yield:** 4 servings.

## Seasoned Wild Rice

### Ingredients

- 2/3 cup Wild Rice
- 1 tablespoon Butter
- 1 + 2/3 cups Low Sodium Chicken Broth
- 1/2 teaspoon Salt (may want to start at ¼ and add more)
- 1/2 teaspoon dried Parsley
- 1/4 teaspoon freshly cracked Pepper
- 1/4 teaspoon EACH Oregano, Thyme, Garlic Powder, Onion Powder
- 1 teaspoon White Sugar

### Instructions

1. In a fine mesh sieve or strainer, thoroughly rinse the wild rice.
2. Combine all the ingredients in a pot over high heat. Bring to a boil and then reduce the heat to a low simmer (few notches above lowest temperature).
3. Cover the pot.
4. Cook for about 45 minutes and then check. If tender, stop cooking and if not cook for another 10-15 minutes or until it is tender. Add additional broth if needed.
5. When the rice is cooked through, drain off any additional liquid and fluff it with a fork.

Recipe Notes: May do a combination of white or brown rice and wild rice – just use 1/3 cup of each.

## Turkey and Wild Rice Bake

### Ingredients

- ¾ cup Wild Rice
- 2 1/3 c. water
- 1 (4-ounce) can Mushrooms, drained or ½ cup fresh Mushrooms
- 1 (14-ounce) can Artichoke Hearts, drained and quartered
- 1 (2-ounce) jar pimientos, drained and chopped - **optional**
- 2 c. cooked Turkey, cubed
- 1 c. Swiss Cheese, shredded

### Instructions

1. Preheat the oven to 350 F.
2. In a 2-quart casserole, combine rice with seasoning packet and water. Stir in mushrooms, artichoke hearts, pimientos and turkey.
3. Cover with foil. Bake for one hour and 15 minutes or until liquid is absorbed.
4. Remove from oven and top with cheese.
5. Bake uncovered for five to 10 minutes until the cheese is melted and golden brown.

**Yield:** 6 servings.

## Wild Rice Casserole

### Ingredients

- 1 cup uncooked Wild Rice - *3 cups cooked*
- 4 Tablespoons Olive Oil - *divided*
- 1 1/4 pounds boneless skinless Chicken Thighs - *cut into bite-sized pieces*
- 1 medium Yellow Onion - *diced*
- 1 small Butternut Squash - *about 1 1/2 pounds, peeled and cut into 1/2-inch pieces (about 5 cups cubes)*
- 1/2 teaspoon Salt
- 1/2 teaspoon Black pepper
- 1 tablespoon chopped fresh Thyme or 1 tsp dried Thyme
- 3/4 cup dried Cranberries
- 1/2 cup freshly grated Parmesan cheese - *divided (about 2 ounces)*

### Instructions

1. Cook the rice according to package directions. Drain off any excess cooking liquid and set aside.
2. Preheat your oven to 350 degrees F. Lightly coat a 9x13-inch baking dish with cooking spray and set aside.
3. In a large, deep skillet, heat 2 tablespoons olive oil over medium heat. Add the diced chicken and sauté until the chicken is cooked through and no longer pink on the inside, about 6 minutes. Remove to a paper towel-lined plate and set aside.
4. With a paper towel, carefully wipe the skillet clean. Heat the remaining 2 tablespoons olive oil over medium. Add the diced squash, onions, salt, and pepper. Sauté until the onion begins to soften, about 2 minutes. Cover and cook, stirring occasionally, until the squash is tender but still retains some chew, about 6-8 minutes. Stir in the thyme, cranberries, reserved chicken, rice, and 1/4 cup Parmesan.
5. Transfer the mixture to the prepared baking dish. Bake in the oven for 20 minutes, then remove from the oven and sprinkle with the remaining 1/4 cup Parmesan cheese. Bake 5 additional minutes, until the cheese melts. Sprinkle with additional chopped fresh thyme and serve warm.

**Yield:** 8 servings.

## Wild Rice Burger with Curry Spiced Sweet Potato

### Ingredients

1 large Sweet Potato  
1/2 cup uncooked Wild Rice  
1 - 15 oz can Chickpeas, rinsed and drained  
1 teaspoon Curry Powder  
1 1/2 teaspoons Cumin  
1/4 teaspoon Garlic Powder  
freshly ground Salt and Pepper to taste  
1/3-1/2 cup Breadcrumbs or crushed Cereal  
1/3 cup dried Cranberries  
2 teaspoons Oil, for cooking  
Optional: 1/4 cup finely chopped Pecans  
For topping: Avocado, Arugula, Red Onion

### Instructions

1. Preheat oven to 400 degrees F.
2. Use a fork to poke sweet potato several times. Place sweet potato on a small pan lined with foil and bake in the oven for 30-45 minutes or until fork tender.
3. While sweet potato is cooking, cook the wild rice by adding 1 cup water and wild rice to a medium saucepan. Bring to a boil, then cover, reduce heat to low and simmer for 30-40 minutes or until tender.
4. Add cooked sweet potato (not the skin) and chickpeas to a large bowl; mash with a fork or potato masher. (You can use a food processor and pulse them until somewhat, but not completely smooth.)
5. Next stir in cooked wild rice, curry powder, cumin and garlic powder. Add salt and pepper to taste. Then stir in breadcrumbs (or crushed cereal), cranberries and pecans, if using. The pecans add a lovely flavor but aren't necessary.
6. Shape mixture into six patties. It's easier to shape and cook the patties when they are cold, so if you'd like you can keep the mixture in the fridge until cold, then form patties (I recommend doing it this way!).
7. Heat oil over medium heat in a large pan. Once oil is hot, add patties and cook for about 7-9 minutes, then VERY carefully flip. Cook for an additional 7-9 minutes on the other side, adding more oil to the pan if necessary. Serve on their own or in a bun! I love mine with avocado & arugula. Makes 6 burgers.

**Yield:** 6 burgers

## Blueberry and Wild Rice Breakfast Bowl

### Ingredients

- 1 cup cooked Wild Rice, warm
- 1 cup Blueberries
- 4 teaspoons Sugar
- 1/4 teaspoon Cinnamon
- 1 cup Milk or Half and Half or Cream

### Instructions

1. Combine warm wild rice, blueberries, sugar and cinnamon in two separate bowls.
2. Pour milk or cream over top and serve!

**Yield:** 2 servings

## Fruited Wild Rice Salad

### Ingredients

#### **For Salad:**

- 1 cup uncooked Wild Rice
- 2 Golden Delicious Apples chopped
- Juice of 1 Lemon
- 1 cup Golden Raisins
- 1 cup seedless Red Grapes halved
- 2 tablespoons each minced fresh Mint, Parsley and Chives
- Salt and Pepper to taste
- 1 cup Pecan halves

#### **For Dressing:**

- 1/4 cup Olive Oil
- 1/3 cup Orange Juice
- 2 Tablespoons Honey

### Instructions

1. Combine dressing ingredients; set aside.
2. Cook rice according to package directions; drain if needed and allow to cool.
3. In a large bowl, toss apples with lemon juice.
4. Add raisins, grapes, mint, parsley, chives and rice.
5. Add dressing and toss.
6. Season with salt and pepper.
7. Cover and chill several hours or overnight.
8. Just before serving, add pecans and toss lightly.

## Cranberry Wild Rice Bread

### Ingredients

- 1/2 cup Water
- 1/2 cup Old-fashioned Oats
- 1/2 cup Milk
- 2 Tablespoons Molasses
- 2 Tablespoons Butter
- 1 1/4 teaspoons fine Salt
- 1/4 cup cold Water
- 1 1/2 teaspoons Regular Active Dry Yeast
- 1/4 cup Warm Water
- 3 1/4 cups All-Purpose Flour
- 1 cup cooked Wild Rice, cooled to room temperature
- 1 cup dried Cranberries
- 1 Egg, beaten

### Instructions

1. In a large saucepan, bring 1/2 cup water to a boil. Stir in oats; cook 1 minute then remove from heat. Stir in milk, molasses, butter and salt, until butter melts; add 1/4 cup cold water. Allow mixture to cool slightly, about 15 minutes until lukewarm.
2. In a small bowl, dissolve yeast in 1/4 cup warm water (about 105°F to 115°F); add to oat mixture. Add 2 cups flour of the flour to the oat mixture; stir well. Stir in wild rice, cranberries and remaining flour. Let dough rest 10 minutes.
3. Turn dough out onto lightly floured surface; knead 5 to 10 minutes or until smooth, adding more flour as needed. Place dough in large, lightly greased bowl, tossing dough lightly to grease. Cover bowl; let rise until double in size, about 2 hours.
4. Turn dough out onto lightly floured surface; shape into a large loaf. Place bread on lightly greased baking sheet; brush with beaten egg.
5. Heat oven to 350°F. Let bread rise at room temperature 30 minutes while oven heats up; bake 45 to 50 minutes. Cool on pan 10 minutes, remove bread to cooling rack. Cool completely, about 2 hours

**Yield:** 1 loaf – 16 slices.

## Wild Rice Pudding

### Ingredients

- 1/2 cup Wild Rice
- 3 cups Whole Milk
- 1/4 cup Maple Syrup
- 1/2 teaspoon Salt
- 1/2 teaspoon Cinnamon
- 1/2 teaspoon Ginger
- 1/4 teaspoon Cloves
- 1/4 teaspoon Nutmeg
- 1 tablespoon Vanilla Extract
- 1/4 cup chopped Pistachios for sprinkling – optional

### Instructions

1. Wash wild rice well, drain and place in medium large saucepan.
2. Add milk, maple syrup, salt, spices, and vanilla; Bring to a boil, stirring constantly. Once rapidly boiling, reduce heat to low and cook, stirring occasionally, for 45 minutes- 1 hour, or until liquid has reduced to resemble a thick pudding and rice is just under cooked.
3. Garnish with pistachios and serve immediately or wrap with cling wrap pressed to touch pudding and refrigerate.

**Yield:** 4 servings.

## **Why Wild Rice...Nutrition Breakdown?!**

**Nutrition Profile:** in an overflowing ½ cup of cooked wild rice – 101 calories, 21 grams carbohydrates, 4 grams protein and 2 grams of fiber. Compared to white and brown rice – is lower in calories, contains more protein and has about the same amount of fiber in brown rice but more than white. It also contains a variety of nutrients – including magnesium, manganese, phosphorus, zinc and more.

Wild rice is also another one of those amazing foods with those powerful antioxidants – which helps reduce your risk for developing many diseases – including cancer.

Wild rice fits into the great category of whole grains – remember your goal is to make half your grains whole if not all!! With being a whole grain, it will help you stay full longer, help with managing your blood sugars and help to decrease your chance of developing heart disease.

**How to eat wild rice:** Wild rice has a nutty, earthy flavor and chewy texture.

It's a great substitute for potatoes, pasta, or rice. Some people eat it alone, while others mix it with other rice or grains. Alternatively, wild rice can be added to a variety of dishes, such as salads, soups, casseroles, and even desserts.

It's simple to make but takes 45–60 minutes to fully cook. Therefore, it may be a good idea to make large batches and freeze the leftovers for later meals.

Here is a simple recipe:

### **Ingredients**

- 1 cup (160 grams) of wild rice
- 3 cups (700 ml) of water
- 1/2 teaspoon salt

### **Directions**

- Rinse the wild rice with cold water.
- Place it in a saucepan and add the water and salt. Bring it to a boil over high heat.
- Reduce to a simmer and cover the pan.
- Simmer covered for 40–60 minutes until the water is absorbed. The wild rice is fully cooked when it cracks open and curls.

- Strain the rice and fluff it with a fork before serving.