



WILD RICE RECIPES

By Goose Valley Natural Foods



WILD RICE FRITTATA

INGREDIENTS

2 tbsp. butter
1 med. onion, chopped
1 sm. red pepper, chopped
6 eggs, beaten
½ c. shredded Swiss cheese
¼ c. half and half
1 c. Goose Valley wild rice, cooked
Salt and pepper to season

PREPARATION

Spray frittata pans with non-stick spray. Melt butter in bottom pan over med. heat. Cook peppers and onions until tender. Season with salt and pepper. Lower heat. Stir in wild rice. In a large bowl, mix together eggs, milk, and cheese. Pour egg mixture over rice mixture, cover with top pan, and increase heat to med. Cook for 2 min. Lift open and scrape around rim of pan with silicone spatula. Grip pans tightly then turn pans quickly to flip frittata. Let other side cook for 2 min. Turn off heat. Lift open, sprinkle with remaining cheese, cover and let stand for 5 minutes until cheese is melted. Slice into 8 pieces. Serve with a dollop of sour cream.



ASPARAGUS & BACON WILD RICE

INGREDIENTS

6 c. Goose Valley wild rice, cooked
6 slices bacon
1 bunch asparagus ends trimmed, blanched, and cut 1-inch diagonal
¼ c. olive oil
Salt and pepper to season

PREPARATION

Cut bacon into 1-inch pieces, sauté on medium heat until crisp and brown. Blanch asparagus in rapidly boiling water then cool down in bath of ice water to keep them crisp-tender and bright green. Cut asparagus into 1-inch lengths on the diagonal. In a large bowl, mix together wild rice, asparagus, olive oil, and bacon bits. Season with salt and pepper.

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WILD RICE CRUSTED SALMON

INGREDIENTS

- 2 lbs. salmon fillet, cut into 6 pieces
- ½ c. flour
- 2 eggs
- 3 tbsp. half and half
- Salt and pepper to season
- 2 c. Goose Valley wild rice, cooked
- ½ c. Italian style breadcrumbs
- 6 tbsp. olive oil

PREPARATION

Dredge salmon pieces in flour and set aside. In med. bowl, mix together eggs, half and half, salt and pepper. In a wide bowl, mix together wild rice, breadcrumbs, salt and pepper. Dip salmon in egg wash then coat with rice mixture, pressing rice onto salmon. Heat 2 tbsp. olive oil in skillet and sear two pieces of salmon at a time for two minutes on each side. Set salmon aside on plate. Repeat to finish. Season with salt and pepper. Serve hot or cold.



GOAT CHEESE & PEACH WILD RICE SHELLS

INGREDIENTS

- 1 package mini Phyllo shell
- 1 garlic clove, minced
- 1 tbsp. butter
- 1 c. Goose Valley wild rice, cooked
- ¼ c. goat cheese
- ¼ c. walnuts, chopped
- 1 tbsp. rosemary, minced; and leaves for garnish
- Salt and pepper to season
- ¼ c. peach preserves

PREPARATION

Preheat oven to 350°. Place shells on sheet pan and bake for 3-5 minutes then cool. Sauté garlic in butter until soft. Combine with rice, cheese, rosemary, walnuts, and mix well. Season with salt and pepper. Fill shells with 1 tbsp of rice mixture. Top with peach preserves and garnish with rosemary leaf.

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GREEK WILD RICE PILAF SALAD

INGREDIENTS

- 2 c. Goose Valley wild rice, cooked
- 2 c. orzo pasta, cooked
- 1 c. grape tomatoes, halved lengthwise
- 1 cucumber, peeled and chopped
- ¼ c. Kalamata olives, pitted
- ½ c. dill, chopped
- ¼ c. olive oil
- Lemon juice and zest to garnish
- Salt and pepper to season
- 4 oz. Feta cheese, crumbled

PREPARATION

In a large bowl, mix together rice, orzo, tomatoes, cucumber, olives, dill, and olive oil. Toss to coat, add lemon, and then season with salt and pepper. Top with Feta cheese.



WILD RICE STUFFED SQUASH

INGREDIENTS

- 4 med. Acorn squash
- 3 c. Goose Valley wild rice, cooked
- 4 tbsp. unsalted butter, browned
- 2 tbsp. sage, finely chopped
- Salt and pepper to season

PREPARATION

Preheat oven to 400°. Cut the squash in half and remove the seeds. To make brown butter, heat butter in a small skillet on low for 15 min. until it turns fragrant and a toasty hazelnut color. Add sage to butter. Combine the wild rice and butter mixture in a bowl, season with salt and pepper, and then fill the squash halves evenly with the mixture. Place in a baking dish. Cover with aluminum foil and bake for 30 min. until the squash is fork tender.

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ROASTED GARLIC WILD RICE

INGREDIENTS

6 c. Goose Valley wild rice, cooked
½ c. olive oil
12 peeled garlic cloves
Salt and pepper to season

PREPARATION

Place garlic gloves in small saucepan with oil and cook on medium heat for 2 min. Reduce heat to low and let garlic cook slowly for 20-30 minutes, until the cloves are soft, tender and golden. Turn off heat, remove cloves from the oil with a slotted spoon.

Chop the garlic cloves and add ½ garlic to lg. skillet with ¼ c. of the garlic-infused olive oil. Cook on medium heat for 1 min. Add the cooked wild rice, ½ c. oil, season with salt and pepper. Toss together gently with a silicone spatula. Place rice in a large bowl, top with remaining garlic. Serve with basil pesto on the side.



CORN CHIVE WILD RICE

INGREDIENTS

¼ c. olive oil
½ c. chopped onion
2 tbsp. minced garlic
1 ½ cups fresh corn kernels, 2 large cobs
3 tbsp. chopped chives
6 tbsp. unsalted butter
6 c. Goose Valley wild rice, cooked
Salt and pepper to season

PREPARATION

Heat oil in lg. skillet over med. heat. Add onion and cook for 2 min. until softened. Add garlic and cook for 1 min. Add butter and corn and sauté 3 min. Stir in wild rice and chives. Season with salt and pepper.

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WILD RICE TABBOULEH

INGREDIENTS

- 2 c. fresh flat leaf parsley
- 2 c. fresh mint leaves
- 6 c. Goose Valley wild rice, cooked
- 1 c. finely chopped green onion
- 6 seeded and diced tomatoes
- 2 seeded and diced cucumbers

Dressing:

- ½ c. fresh lemon juice
- ½ c. olive oil
- 1 tbsp. allspice
- Salt and pepper to season

PREPARATION

Throw the parsley and mint in a food processor to chop. In a bowl, mix together the wild rice, parsley, mint, green onion, tomato, and cucumber. Make the dressing, pour onto tabbouleh, and mix until all ingredients are evenly coated. Cover and refrigerate for at least 1-hour. Serve cold with Tzatziki, hummus, Greek olives, and pita bread.



CHICKEN & WILD RICE QUESADILLAS

INGREDIENTS

- 4 tbsp. olive oil
- 1 onion, chopped
- 1 garlic clove, minced
- Salt and pepper to season
- 2 c. shredded cooked chicken
- 1 c. Goose Valley wild rice, cooked
- 1 c. Monterey Jack cheese, shredded
- 6 multigrain tortillas

PREPARATION

Cook onion and garlic in 2 tbsp. oil over med. heat until tender. Season with salt and pepper. In a large bowl, mix together chicken, rice, onion mixture, and cheese. Put one tortilla on cutting board and spread ½ c. chicken mixture over half of tortilla, fold over, and press firmly on seam. Assemble additional tortillas. Heat remaining oil in lg. skillet over and cook quesadillas, 1 or 2 at a time. Cook until cheese is melted, and tortilla is golden brown, about 2 min. per side. Transfer to cutting board and cut in half. Serve with sour cream, salsa, and lime wedges. Garnish with cilantro.

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WILD RICE CRISPY POPS

INGREDIENTS

- 2 c. peanut oil
- 3 c. Goose Valley Wild Rice
- ½ tsp. salt
- 1 tbsp. vanilla extract
- 2 tbsp. unsalted butter
- 10 oz. bag mini marshmallows
- 12 oz. chocolate melting chocolate

PREPARATION

To Puff Wild Rice: In a sauce pan heat ½ c. peanut oil to 375°F. Carefully scoop ¼ c. of raw wild rice at a time into the hot oil. Swirl pan and strain out puffed rice. Place on a paper towel to absorb excess oil. Repeat until you have 6 c. of wild rice puffs.

To Make Crispy Pops: In a lg. sauce pan over med. heat, melt the butter. Add marshmallows, salt and vanilla. Stir until the marshmallows are completely melted. Take off the heat. Add puffed rice and stir until the rice and marshmallows are evenly distributed. Let sit for 5 minutes. Form into small balls and place lollipop stick into the center and form tightly back around the stick. Melt chocolate according to instructions and dip the rice pop into the chocolate. Place on wax paper to let the chocolate set.



CHINESE FIVE SPICE WILD RICE CRISPY TREATS

INGREDIENTS

- 1 c. peanut oil
- 2 c. Goose Valley wild rice
- 3 tbsp. unsalted butter
- 10 oz. mini marshmallows
- 1 tsp. vanilla extract
- 1 tbsp. Chinese five spice
- ½ tsp. salt
- 4 oz. white chocolate, melted

PREPARATION

To Puff Wild Rice: In a sauce pan heat ½ c. peanut oil to 375°F. Carefully scoop ¼ c. of raw wild rice at a time into the hot oil. Swirl pan and strain out puffed rice. Place on a paper towel to absorb excess oil. Repeat until you have 3 c. of wild rice puffs.

In a large sauce pan, melt butter and marshmallow together. Add vanilla, Chinese five spice, and salt. Mix until spices are evenly distributed. Add wild rice puffs. Mix until rice and marshmallow are evenly distributed. Form in 9-inch brown pan. Drizzle with melted white chocolate. Cut into squares and serve.

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