

## Rice, Wild, Whole-Grain, Hand-Harvested

MyPlate Food Group: **Grain**



### Product Description

- Hand harvested, wood-parched wild rice is a whole grain food.

### Storage

- Store uncooked wild rice in an airtight container.

### Uses and Tips

- Cooked wild rice can be added to soups, casseroles, salads, or simply served as a side. Try puffed wild rice instead of popcorn for a different, crunchy snack.

### Nutrition Information

- ½ cup of cooked wild rice counts as 1 ounce equivalent in the MyPlate.gov Grains Group.
- 1 ounce of dry wild rice counts as 1 ounce equivalent in the MyPlate.gov Grains Group.
- For a 2,000-calorie diet, the daily recommendation is about 6 ounce equivalents of grains. At least half of all grains eaten should be whole grains. Wild rice is a whole grain.

### Resources

- [www.nutrition.gov](http://www.nutrition.gov)
- [www.foodsafety.gov](http://www.foodsafety.gov)
- [www.fns.usda.gov/fdpir/fdpir-sharing-gallery](http://www.fns.usda.gov/fdpir/fdpir-sharing-gallery)

## Nutrition Facts

Serving size: 1/4 cup (45g), uncooked, wild rice

### Amount Per Serving

**Calories** 140      **Calories from Fat** 0

### -% Daily Value\*

<b>Total Fat</b> 0g			<b>0%</b>
Saturated Fat 0g			<b>0%</b>
<i>Trans Fat</i> 0g			
<b>Cholesterol</b> 0mg			<b>0%</b>
<b>Sodium</b> 0mg			<b>0%</b>
<b>Total Carbohydrate</b> 30g			<b>10%</b>
Dietary Fiber 2g			<b>10%</b>
Sugars 1g			
<b>Protein</b> 6g			
Vitamin A 0%	Vitamin C 0%		
Calcium 0%	Iron 4%		

\*Percent Daily Values are based on a 2,000 calorie diet.

This sheet is intended for individuals and families receiving USDA Foods to use at home. Nutrient Values in the Nutrition Facts panel are from the USDA National Nutrient Database for Standard Reference, or are average values from vendors who provide USDA Foods. Please refer to the product's Nutrition Facts panel or ingredient list for product-specific information.

# USDA Foods

## Wild Rice Morning Porridge

Makes about 6 servings

### Ingredients

- 1 1/3 cups, washed and cleaned wild rice (not cooked)
- 3 cups water
- 1/4 teaspoon salt
- 1/4 cup butter
- 1 cup dried fruit and nut mix (if you like)
- 1 cup low-fat milk
- 1/4 cup maple syrup

### Directions

1. In a medium saucepan, bring 3 cups water to a boil, then add salt. Slowly add wild rice. Return to boil; reduce heat. Simmer, covered, for 40 to 45 minutes or until most of the water is absorbed, grains have burst open and rice is tender. Drain, if necessary. Set aside.
2. In a large nonstick skillet or saucepan, melt butter over medium heat. Cook and stir about 2 minutes or until just starting to brown. Add dried fruit and nut mix; cook and stir 2 minutes more. Stir in wild rice, milk, and maple syrup. Bring to boiling; reduce heat. Simmer, uncovered, for 3 to 5 minutes or until mixture thickens, stirring frequently.
3. To serve, spoon rice mixture into bowls.

### Tip

For an extra boost sprinkle of fresh fruit.

*Recipe adapted from Midwestliving.com*

## Wild Rice Casserole

Makes about 8 servings

### Ingredients

- 1 1/2 cup washed and cleaned wild rice (not cooked)
- 2 tablespoon vegetable oil
- 1 cup chopped onions
- 2 cups diced celery
- 3 to 4 cups diced turkey or chicken
- 2 cans cream of mushroom soup
- 1 can chicken broth
- 1 cup water

### Directions

1. Mix cream of mushroom soup, broth and water together in a large bowl, stirring until smooth
2. In a skillet or saucepan, heat oil over medium heat. Add celery and onions and cook until brown.
3. Take off heat, add vegetables this to the soup mixture and add wild rice. Mix well.
4. Place mixture into greased or sprayed large baking dish, as the rice will almost double after cooking.
5. Cover with foil and bake at 350 degrees for 1 1/2 hours. Remove foil and continue baking for another hour. If needed, add more broth or water as the rice cooks.

### Tip

Mix in cooked or canned veggies like carrots, green beans, mixed vegetables, and bean sprouts before baking for added flavor and nutrition.

*Recipe adapted from Colleen Blattenbauer– White Earth Nutrition Education*