

# DECEMBER

## Recipe of the Month



### Wild Rice Stuffing with Dried Fruit

Source: [www.epicurious.com](http://www.epicurious.com)

#### Ingredients:

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| 1 ¼ cups wild rice (about 6 ½ oz)                      | ¼ cup dried apricots, coarsely chopped  |
| 4 ½ cups canned fat free, reduced sodium chicken broth | 1 cup dried cherries and golden raisins |
| 3 Tbsp chopped fresh thyme                             | ¼ cup pecans, chopped and toasted       |
| 1 ¼ cups long-grain white rice                         | 1 Tbsp butter                           |

#### Directions:

1. Preheat oven to 350 degrees.
2. Clean wild rice thoroughly before cooking. The best method is to place the rice in a medium bowl and fill it with cold water. Give it a couple of stirs and set aside for a few minutes. Any debris will float to the surface and the water can be poured off.
3. Bring 4 ½ cups broth and 1 Tbsp thyme to a boil in a large saucepan. Add wild rice; bring to boil. Reduce heat; cover and simmer 30 minutes.
4. Add white rice; cover and simmer until all rice is tender and liquid is almost absorbed, about 15 minutes longer or until wild rice “bursts”.
5. Stir dried fruit and 2 Tbsp thyme into rice mixture; cover and simmer 3 minutes. Mix in pecans and butter. Stir together until well mixed.
6. Spray 9 x 13 glass baking dish. Transfer stuffing to dish. Cover with foil, sprayed with cooking spray. Bake until heated through, about 30 minutes.

### Nutritious Tips

Wild rice is really not “rice” at all, it’s the seed of an aquatic grass. Traditionally, it was harvested by hand around lakes in the upper Midwest. Today, most wild rice comes from California. It is fermented for a week or two to develop its distinctive nutty flavor and is then heated to promote browning.

### Nutrition Facts

Serving size ½ cup  
Servings per Recipe: 12

**Calories** 195

**Fat** 3 g  
Saturated Fat 1 g

**Cholesterol** 3 mg  
**Sodium** 225 mg

**Carbohydrate** 38 g  
Fiber 2 g

**Protein** 4 g



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