



## Rice, Wild

MyPlate Food Group: **Grains**



### Nutrition Information

- ½ cup cooked wild rice counts as 1 ounce of grain in the ChooseMyPlate.gov Grains group. Wild rice is a whole grain.
- Grains are divided into 2 subgroups: Whole Grains and Refined Grains.
- Refined grains have been milled, a process that removes the bran and germ. This process also removes dietary fiber, iron, and many B vitamins.
- Most refined grains are enriched. This means certain B vitamins (thiamin, riboflavin, niacin, folic acid) and iron are added back after processing. Fiber is not added back to enriched grains.
- Whole grains contain the entire grain kernel — the bran, germ, and endosperm. Examples of whole grains include whole-wheat flour, bulgur (cracked wheat), oatmeal, whole cornmeal, and brown rice.
- For specific information about wild rice, please refer to the product’s Nutrition Facts Panel or ingredient list.

### Uses and Tips

- Create a whole grain pilaf by mixing barley, wild rice, brown rice, broth, and spices. For a special touch, stir in toasted nuts or chopped dried fruit.
- Wild rice has a nutty, earthy flavor and a chewy texture. It is delicious to eat on its own, but is often used in soups, casseroles, or pilafs. Wild rice takes more time to cook than white rice.

### Storing Foods at Home

- Store unopened packages of rice in a cool, clean, dry place.
- After opening rice, keep package tightly closed.
- Once prepared, store any leftover rice in the refrigerator in a sealed container not made from metal.

## MyPlate Facts

- Try to make at least ½ of the grains you eat each day whole grains.
- Grains are important sources of many nutrients, including dietary fiber, B vitamins (thiamin, riboflavin, niacin, and folate), and minerals (iron, magnesium, and selenium).
- Dietary fiber from whole grains or other foods, may help reduce blood cholesterol levels and may lower risk of heart disease, obesity, and type 2 diabetes.
- Fiber is important for proper bowel function. It helps reduce constipation and promotes regularity. Fiber-containing foods such as whole grains help provide a feeling of fullness with fewer calories.



## USDA Foods

### Wild Rice Burgers

Makes 6 servings

#### Ingredients:

- 1 tablespoon vegetable oil
- 1 pound ground beef
- 2 cups wild rice, cooked
- 2 cloves minced garlic (optional)
- 1 tablespoon fresh chopped or dried thyme, oregano, and/or rosemary (optional)
- Salt and pepper to taste (optional)

**Directions:** Wash hands with soap and water.

1. Thoroughly mix the wild rice, ground beef and optional ingredients, in a large bowl until the texture is consistent.
2. Heat vegetable oil in a large skillet over medium heat. Form mixture into patties and cook until internal temperature reaches 165 degrees F.

*Note: Wild rice burgers can also be prepared on the grill.*

*Recipe adapted from First Nations Development Institute*

### Corn, Blueberry, and Wild Rice Salad

Makes 8 servings

#### Ingredients:

- 6 ears sweet corn (or 1½ cups frozen corn, thawed)
- 1 cup blueberries, fresh (or frozen, thawed)
- 1 small cucumber, finely diced
- ¼ cup red onion, finely chopped
- ¼ cup fresh cilantro, chopped
- 1 cup wild rice, cooked
- 1 jalapeno pepper, seeded and finely chopped (optional)
- 4 tablespoons lime juice
- 4 tablespoons vegetable oil
- 2 tablespoons honey or maple syrup
- ½ teaspoon ground cumin
- ½ teaspoon salt

**Directions:** Wash hands with soap and water.

1. In a large saucepan, bring salted water to a boil.
2. Remove husks from corn and add to water. Cook covered for 5 minutes, or until tender.
3. When cool enough to handle, cut corn from cobs.
4. In a serving bowl combine corn, blueberries, cucumber, red onion, cilantro, wild rice, and jalapeno.
5. For dressing: in a screw-top jar combine lime juice, oil, honey, cumin, and salt. Cover and shake well to combine.
6. Pour dressing over salad and toss.
7. Cover the salad and refrigerate overnight or up to 24 hours.

*Recipe adapted from First Nations Development Institute*