

Wild Rice Stuffing

Feeling adventurous this Thanksgiving? Substitute quinoa for the wild rice.

Ingredients

3/4 cup uncooked wild rice (or quinoa)	2 cups diced celery
2 1/2 cups water	1/2 tsp salt
1 TBS olive oil	1/4 tsp black pepper
3/4 cup chopped onion	1 TBS poultry seasoning
1 cup sliced mushrooms	1/2 cup reduced sodium chicken broth
1 cup chopped apple (including peel)	1/4 cup slivered almonds, toasted
1/4 cup dried cranberries	

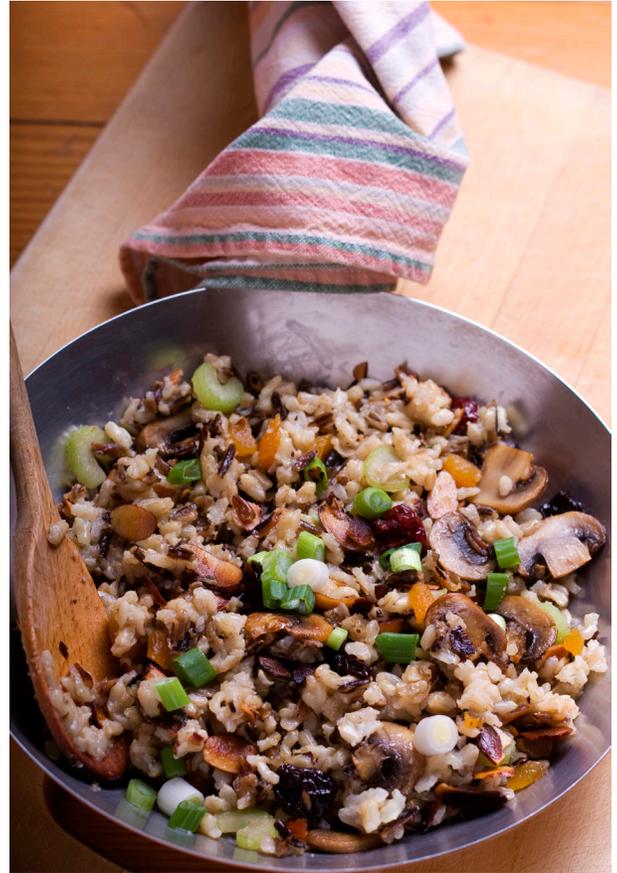
Instructions

Rinse wild rice 2-3 times until water runs clear.

Place wild rice and water in a 1 1/2 quart sauce pan and bring to a boil. Reduce to a simmer, cover and cook until all water is absorbed, stirring frequently. Do not burn. Cook wild rice for about 30 minutes. (If you are using quinoa, cook for about 15 minutes.)

Heat olive oil over medium heat in a skillet. Add onion, mushrooms, apple, cranberries, and celery. Stir and heat through until tender. Add the salt, pepper, and poultry seasoning. Continue to stir and cook slowly until fragrant, about 10 minutes total.

Combine the rice, the fruit/vegetable mixture, and chicken broth in a large bowl. Use to stuff turkey. Or, bake in a dish coated with nonstick spray. Cover and keep warm in the oven until serving. Garnish with a sprinkle of toasted almonds.



Nutritional Information

Serving Size: Approximately 1/2 cup

Calories: 78

Fat: 4g

Saturated Fat: trace

Total Fat: 2g

Monounsaturated Fat: 1.5 g

Protein: 2g

Carbohydrates: 13g

Dietary Fiber: 2g

Sodium: 136mg

Recipe from MayoClinic