



Wild Rice Vegetable Skillet

SERVING: 1-1/4 CUPS
YIELD: 4

PREP TIME: 15 MIN
TOTAL TIME: 1 HOUR 15 MINS

Ingredients

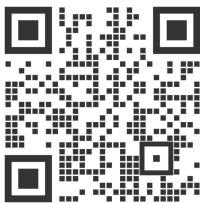
- 3 cups Unsalted Chicken Broth or Vegetable Broth
- 1 cup Wild Rice, uncooked, rinsed
- 1 tbsp Extra Virgin Olive Oil
- 1 small Yellow Onion, chopped
- 1 tsp Minced Garlic
- 1 cup Carrots, chopped
- 1 cup Celery, chopped
- 1 cup Sliced Fresh Mushrooms, chopped
- 1/2 tsp Italian Seasoning
- 1/4 tsp Pepper
- 1/4 tsp Salt

Directions

1. In medium pot, combine wild rice and chicken broth. Bring to a boil. Reduce heat to medium; cover and simmer 50 to 60 minutes or until rice is tender and water is absorbed.
2. Meanwhile, chop all vegetables.
3. HEAT oil in large skillet over medium-high heat. ADD chopped onion, carrots, celery, minced garlic, mushrooms and seasonings. Cook about 10-15 minutes.
4. ADD cooked wild rice to pan. Enjoy!

Nutrition Facts	
4 servings per container	
Serving size 1 1/4 cups (0.0g)	
Amount Per Serving	
Calories	220
% Daily Value*	
Total Fat 4.5g	6%
Saturated Fat 3.5g	18%
Trans Fat 0g	
Cholesterol <5mg	1%
Sodium 70mg	3%
Total Carbohydrate 39g	14%
Dietary Fiber 5g	18%
Total Sugars 6g	
Includes 0g Added Sugars	0%
Protein 9g	
Vitamin D 0mcg	0%
Calcium 40mg	2%
Iron 1.1mg	6%
Potassium 450mg	10%
* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	

*Cost information includes lower cost ingredients found at local grocery store 11/30/22.



Cost Per Recipe	Cost Per Serving
\$4.84	\$1.21

Northern Wild Rice Nutritional Profile

The grain of northern wild rice is a great source of nutrition, especially when compared to other grains, such as corn, white rice, and wheat.

- ✓ Heart healthy
- ✓ Gluten-Free
- ✓ Rich in antioxidants
- ✓ Great for the digestive system
- ✓ High in protein
- ✓ Almost a complete protein



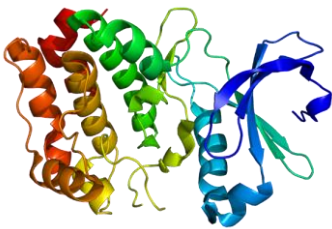
Nutrient	Wild Rice, Raw	White Rice, Long Grain, Enriched Raw	Brown Rice, Long Grain, Raw
Protein (g/100g)	14.70	7.13	7.94
Carbohydrate (g/100g)	75.00	79.95	77.24
Lipid (g/100g)	1.10	0.66	2.92
Dietary fiber (g/100g)	6.20	1.30	3.50

Compared to white or brown rice, Northern wild rice grain has

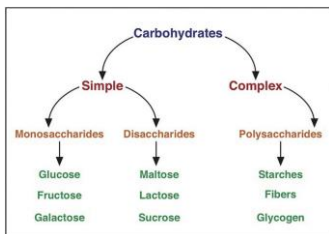
- ✦ 2x the protein content
- ✦ Higher lipid content
- ✦ Higher dietary fiber

*no nutritional differences have been identified between cultivated and hand-harvested wild rice

<https://fdc.nal.usda.gov/fdc-app.html#/food-details/169726/nutrients>
 Timm, DA and Slavin, JL (2014) REVIEW: Wild Rice: Both an Ancient Grain and a Whole Grain. *Cereal Chemistry* 91, 207–210.



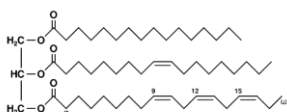
✦ Proteins are molecules made up of amino acid chains joined by peptide bonds. They are essential for the growth and maintenance of our bodies and are used in many cell processes.



✦ Carbohydrates are made up of carbon, hydrogen, and oxygen. In the body, carbs are broken down into simple sugars that can be converted into usable energy by the hormone insulin.



✦ Dietary fiber is a type of carbohydrate produced by plants that can not be broken down by humans. Fiber has been shown to help with digestion, and reduce the risk of cardiovascular disease, hypertension, and diabetes.



✦ Lipids include fats, waxes, and steroids. The body uses lipids for energy storage, protection of sensitive areas, and to build hormones that are used in cellular signaling.

Nutrition Facts			
Serving Size 1 cup 164g (164 g)			
Amount Per Serving			
Calories 166		Calories from Fat 5	
% Daily Value*			
Total Fat 1g		1%	
Saturated Fat 0g		0%	
Trans Fat			
Cholesterol 0mg		0%	
Sodium 5mg		0%	
Total Carbohydrate 35g		12%	
Dietary Fiber 3g		12%	
Sugars 1g			
Protein 7g			
Vitamin A		0% • Vitamin C	0%
Calcium		0% • Iron	5%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:			
	Calories	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Fiber		25g	30g
Calories per gram:			
Fat 9	•	Carbohydrate 4	• Protein 4
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References:

Anderson, JW (1990) Dietary Fiber and Human Health. *HortScience HortSci* 25, 1488–1495.

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