Wild Rice

Did you know that wild rice is not actually rice? It is an annual water-grass seed naturally abundant in the shallow rivers and lakes of Minnesota and Canada. Nowadays wild rice continues to be an important staple food for Great Lakes Indian people. Since it is a spiritual food for them, the harvest is regulated and should follow the traditional Indian way in Minnesota.

Wild rice is a nutrition booster. Best of all, wild rice contains almost twice the protein and fiber as brown rice. It can be blended with other grains in dishes such as stuffing and pilafs, or added into salad and soup to increase the texture and flavor.

Come join us at this month’s Beneficial Bites presentation and learn the history and nutritional benefits of wild rice. We will teach you how to pick a bag of wild rice and food samples will be provided. Recipes using this “magic grass seed” in a variety of ways will be available.

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