

WILD RICE STUFFING WITH DRIED FRUIT

Gluten Free, Lower Saturated Fat, Lower Sodium, Vegetarian

Serves: 1/2 cup

Nutrition (per serving)

Calories: 195

Total Carbohydrate: 38

Total Fat: 3 g

Dietary Fiber: 2 g

Saturated Fat: 1 g

Protein: 4 g

Sodium: 225 mg

Ingredients

1 ¾ cups wild rice (about 6 ½ oz)

4 ½ cups canned fat free, reduced sodium chicken broth

3 Tbsp chopped fresh thyme

1 ¾ cups long-grain white rice

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cup dried cherries and golden raisins

¼ cup pecans, chopped and toasted

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.