

Wild Rice Casserole

So rich and flavorful, this easy-to-make casserole will become a family favorite.

WHAT YOU NEED

- 1½ cups chicken broth
- 2 tablespoons cornstarch
- 2 tablespoons butter
- ⅓ cup chopped celery
- ⅓ cup chopped onion
- ½ cup sliced mushrooms
- 1½ cups cooked wild rice
- 1½ cups cooked white rice
- ½ cup pecans

HOW TO MAKE THE CASSEROLE

- 1 Preheat oven to 350°F. In a small saucepan stir together cool chicken broth and cornstarch until well mixed. Cook and stir over medium heat until mixture boils. Boil for 1 minute. Set aside.
- 2 In another small saucepan heat butter over medium-high heat. Add celery and onion and cook until soft. Add mushrooms and cook until tender.
- 3 In a large bowl mix cooked vegetables with the cooked wild rice and white rice. Add chicken broth mixture and stir to combine. Transfer to a greased 2-quart casserole and top with pecans. Cover and bake about 30 minutes or until bubbly. Serves 8.

NUTRITION PER SERVING:

164 calories, 9g fat, 3g saturated fat, 9mg cholesterol, 151 mg sodium, 19g carbohydrate, 2g fiber, 4g protein



DID YOU KNOW?

Wild rice is not really a rice, but a marsh grass. Although low in fat, it is high in protein, the amino acid lysine, and dietary fiber. It is also a good source of potassium and phosphorus and the B vitamins thiamin, riboflavin, and niacin.