

Delicious Food Ideas

Take A Walk On The Wild Side

(NAPSA)—A tasteful way to add some excitement to your meals is with wild rice. Serve it alone or mixed with white and brown rice in stuffings, salads, soups and entrées. It provides many nutrients, protein and fiber, is fat free, low in sodium and has a delicious, nutty flavor and chewy texture.

Recent research suggests that eating rice might reduce your overweight and obesity risk and is associated with lowered risk for metabolic syndrome, heart disease and type II diabetes.

The Dietary Guidelines for Americans recommend the majority of calories come from carbohydrates found in grains, fruit and vegetables. Brown and wild rice are 100 percent whole grain rice. One-half cup of cooked whole grain brown or wild rice equals one whole grain serving.

One way you may care to serve wild rice is in this delicious dish:

Wild Rice Athena

- 3½ cups reduced-sodium chicken broth**
- ¾ cup California wild rice**
- ¾ cup long-grain white rice**
- 2 tablespoons olive oil**
- 1 medium onion, chopped**
- 2 cloves garlic, minced or pressed**
- 1 6.5-ounce jar marinated artichoke hearts, chopped, reserving liquid**
- 1 tablespoon minced, fresh oregano or ½ teaspoon dried oregano**
- 2 teaspoons finely grated lemon peel**
- 1 cup crumbled feta cheese**
- ½ cup thinly sliced green onions**



Wild Rice Athena is a mouthwatering, Mediterranean-inspired side dish or light, meatless main dish.

In a 4- to 5-quart saucepan, bring broth to a boil over high heat. Add California wild rice; reduce heat to low and cover tightly. Simmer until grains begin to open and feel tender to bite, about 45 minutes. Stir in white rice. Cover tightly and simmer until tender to bite and liquid is absorbed, about 20 to 25 more minutes. While wild and white rice cook, heat olive oil in a 10- to 12-inch skillet over medium-high heat. Add onion, garlic, artichoke hearts, oregano and lemon peel. Stir often, over medium heat, until heated through, about 5 minutes. When rice is done, remove from heat and gently stir in onion-artichoke mixture, ¼ cup reserved marinade, feta cheese and green onions. Serve immediately. Makes 6 to 8 side-dish or 4 main-dish servings.

To learn more about rice nutrition, information and recipes, visit the USA Rice Federation at www.usarice.com. For wild rice nutrition, information and recipes, visit the California Wild Rice Advisory Board at www.cawildrice.com.