



Recipes

Grains

Wild Rice

Prep Time: 5 minutes

Cooking Time: 60 minutes

Yield: 4 servings

Ingredients:

1 cup wild rice
4 cups water
Pinch of sea salt

Directions:

1. Wash and drain rice.
2. Bring rice and water to a boil.
3. Add salt.
4. Turn heat to low, cover and simmer for 45-50 minutes.
5. Grain is ready when black seeds open up.
6. Mix and serve.

Variation:

Try half wild rice and half long grain brown rice.