

Wild Rice Fruit Ambrosia

2 cups cooked wild rice *
1 16 oz. can fruit cocktail, drained
1 cup miniature marshmallows
1/2 cup chopped pecans *
1/2 cup chopped maraschino cherries
1- 4 oz. container frozen whipped topping, thawed
1- 3 oz. pkg. lemon gelatin

In a large bowl, combine all ingredients; mix well. Refrigerate 1 hour or until chilled. 10 servings. (1 cup uncooked equals 3-4 cups cooked)

Cooking Wild Rice

Rinse well before you cook to remove unwanted particles. For each cup of rice, add 3 cups of water. Boil the rice over high heat. Once the water level drops and the rice is visible, turn the heat to low. Allow the rice to steam for 30 to 45 minutes. Once cooked, the grains split to reveal a purplish-grey interior.

Wild rice contains a good balance of proteins, carbohydrates and fiber. A serving of wild rice provides 6.5 g protein and 35 g carbohydrates, while providing 3 g fiber. The protein content of wild rice comes largely from the beneficial amino acids lysine and methionine, making it one of the more nutritious of the cereal grains, according to the Purdue program. It also contains beneficial amounts of heart-healthy linolenic acid.

Wild rice represents a good source of some vitamins and minerals. A 1-cup serving yields 134 mg phosphorus, 166 mg potassium and 52 mg magnesium. On the vitamin side, wild rice contributes B vitamins to the diet, including 2.1 mg niacin, B3, .14 mg riboflavin, B2 and .08 mg thiamin, B1. It additionally provides 43 mg folate, B9 and 16.7 mg choline, a B-complex vitamin.

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