

Wild Rice, Pecans and Cherries over Sautéed Spinach

Makes 15 servings

Ingredients

- 5 ¼ cups low-sodium vegetable broth
- 2 ½ cups wild rice, rinsed and drained
- 1 cup grated carrots
- 2 cups fresh mushroom slices
- 1 tablespoon unsalted butter
- 1 teaspoon ground marjoram
- ¼ teaspoon salt
- ½ teaspoon freshly ground black pepper
- ¾ cup dried tart cherries
- ½ cup chopped green onions
- ⅔ cup toasted, chopped pecans
- 2 tablespoons extra-virgin olive oil
- 24 ounces spinach, stems removed

Directions

1. Combine the broth, rice, carrots, mushrooms, butter, marjoram, salt and pepper in a slow cooker. Cover and cook on low for 5 to 6 hours.
2. Turn off slow cooker. Add cherries, green onions and pecans. Stir to mix. Cover and let set for 10 minutes.
3. While rice mixture sets, heat oil in a deep pan over medium-high heat. Add spinach and sauté, stirring often, for 3 to 5 minutes. Remove from heat.
4. Serve warm rice mixture over sautéed spinach.



SIDE DISH



TIP

Use any remaining uncooked wild rice in your next soup, salad or stuffing recipe!

♥ = heart smart = low sodium = gluten free

Visit allinahealth.org/recipes for more healthful recipe ideas.

© 2015 ALLINA HEALTH SYSTEM. TM – A TRADEMARK OF ALLINA HEALTH SYSTEM.
OTHER TRADEMARKS USED ARE OWNED BY THEIR RESPECTIVE OWNERS
nutr-ah-56793 (8/15)

Nutrition Facts

Serving Size 1/4 cup spinach topped with 1/2 cup rice mixture (190g)
Servings Per Container 15

Amount Per Serving	
Calories 190	Calories from Fat 60
% Daily Value*	
Total Fat 7g	11%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 130mg	5%
Total Carbohydrate 30g	10%
Dietary Fiber 6g	24%
Sugars 5g	
Protein 6g	
Vitamin A 110%	Vitamin C 25%
Calcium 8%	Iron 15%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.	
Calories: 2,000 2,500	
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4	

Recipe contains: nuts
Carb choices per serving: 2