



Wild Rice Stuffing (group recipe)



- Cooking spray
- 1 ½ cups chopped celery
- 1 cup chopped onion
- 1 cup uncooked wild rice
- 2 garlic cloves, minced
- 4 cups chicken or vegetable broth
- 1 ½ tablespoons chopped fresh sage
- 1 cup uncooked long-grain brown rice
- ½ cup dried cranberries
- ½ cup chopped dried apricots
- ½ cup chopped pecans, toasted
- ½ teaspoon salt
- ½ teaspoon freshly ground black pepper

Heat a Dutch oven over medium-high heat. Coat pan with cooking spray. Add celery, onion, wild rice, and garlic to pan; sauté 3 minutes. Stir in broth and sage; bring to a boil. Cover, reduce heat, and simmer 25 minutes. Stir in brown rice, and bring to a boil. Cover, reduce heat, and cook for 30 minutes or until liquid is absorbed. Remove from heat; let stand, covered, 10 minutes. Stir in cranberries and remaining ingredients. Serves 15-18.

Soft Polenta with Wild Mushroom Sauté (individual recipe)

Individual wild mushroom sauté:

- 1 teaspoon butter
- 1/8 cup thinly sliced leek
- 1-2 wild mushrooms, sliced
- 1 teaspoon finely chopped fresh flat-leaf parsley
- ½ tablespoon water
- 1/8 teaspoon finely chopped fresh sage
- 1/32 teaspoon salt
- 1/32 teaspoon freshly ground black pepper

Melt butter in a large nonstick skillet over medium heat. Add leek to pan; cook 2 minutes or until tender, stirring occasionally. Add mushrooms; cook 5-7 minutes or until moisture evaporates, stirring occasionally. Stir in parsley, water, sage, salt, and pepper; cook 1 minute.

Soft Polenta (group recipe)

- 4 cups water
- 4 bay leaves
- 3 ½ cups chicken or vegetable broth
- 2 cups quick-cooking polenta
- ¼ teaspoon salt
- ¼ teaspoon freshly ground black pepper
- ½ cup Parmesan cheese

Combine water, bay leaves, and broth in a medium saucepan; bring to a boil. Gradually add polenta to pan, stirring constantly with a whisk. Reduce heat, and simmer 5 minutes or until thick, stirring frequently with a whisk. Remove from heat; discard bay leaves. Stir in salt, pepper, and cheese, top each serving with mushroom mixture.

Braised Brussel Sprouts with Red Pepper
(individual recipe)



- 1 teaspoon canola oil
- 1 teaspoon butter
- 1-2 Brussel sprouts, quartered and rinsed
- 1/8 red bell pepper, thin strips
- 1/8 teaspoon Dijon mustard
- 1/8 shallot, sliced
- 1/2 clove garlic, minced
- 1/2 tablespoon vegetable broth or water
- 1 tablespoon almonds, sliced
- 1 green onion, cut into 1" pieces
- 1/2 teaspoon fresh parsley, chopped

Heat a large skillet over medium-high heat. Add oil and butter pan; swirl to coat. Add Brussel sprouts and bell pepper; cook for 5 minutes, stirring occasionally. Add shallot and garlic to pan; sauté for 2 minutes or until the onion is lightly browned, stirring occasionally. Add broth or water, scraping the bottom of the pan with a wooden spoon. Cook until the broth or water is almost all evaporated; add almonds, green onions, sauté another minute. Remove from heat add parsley and serve.

Green Beans with Miso Butter (individual recipe)



- 1 teaspoon room-temperature butter
- 1 teaspoon miso

Whisk room-temperature butter with miso in a small bowl.

- 1/2 cup trimmed green beans (fresh or frozen)

Cook green beans in a large pot of boiling salted water for 2-3 minutes, until crisp-tender. Drain. Transfer to a bowl with ice water to cool, then drain.

- 1 tablespoons vegetable oil
- 1/32 teaspoon salt
- 1/32 teaspoon pepper
- 1 teaspoon shallot, minced
- 1/2 garlic clove, minced
- 1/4 cup vegetable broth or water
- 1/8 teaspoon sesame seeds, optional

Heat vegetable oil in a skillet over medium-high heat. Add green beans and season with salt and pepper. Stir in shallot and garlic; cook for 1 minute. Add vegetable broth or water and cook until sauce thickens and reduces by half, about 1 minute.

Lower heat and add the miso butter; stir until creamy sauce forms. Garnish with sesame seeds. Serves 1.