



Uploaded to VFC Website

▶▶▶ January 2013 ◀◀◀

This Document has been provided to you courtesy of Veterans-For-Change!

Feel free to pass to any veteran who might be able to use this information!

For thousands more files like this and hundreds of links to useful information, and hundreds of "Frequently Asked Questions, please go to:

[Veterans-For-Change](http://Veterans-For-Change.com)

*Veterans-For-Change is a 501(c)(3) Non-Profit Corporation
Tax ID #27-3820181*

If Veteran's don't help Veteran's, who will?

We appreciate all donations to continue to provide information and services to Veterans and their families.

https://www.paypal.com/cgi-bin/webscr?cmd=_s-xclick&hosted_button_id=WGT2M5UTB9A78

Note:

VFC is not liable for source information in this document, it is merely provided as a courtesy to our members.



Wild Rice with Shiitakes & Toasted Almonds

Prep Time: 5 mins

Cook Time: 1 h

Total Time: 1 h 5 mins

Ingredients

- 2 1/4 cup(s) broth, reduced-sodium chicken
- 2 cup(s) mushrooms, shiitake, sliced
- 1 cup(s) rice, wild
- 6 tablespoon nuts, almonds, sliced
- 1 teaspoon butter
- 1 bunch(es) scallion(s) (green onions), trimmed and thinly sliced
- pepper, black ground, to taste

Preparation

1. Bring broth to a boil in a medium saucepan over high heat. Stir in mushrooms and wild rice. Return to a boil.
2. Reduce heat to very low, cover, and simmer until the rice has "blossomed" and is just tender, 45 to 55 minutes. Drain any remaining liquid and transfer the rice to a serving bowl.
3. Meanwhile, toast almonds in a small dry skillet over medium-low heat, stirring constantly until golden brown and fragrant, 2 to 3 minutes. Transfer to a plate to cool.
4. About 5 minutes before the rice is done, melt butter in a medium nonstick skillet over medium heat. Add scallions and cook, stirring often, until softened and still bright green, 2 to 3 minutes. Stir the scallions, almonds and pepper into the rice. Serve warm.