



Wild Rice Stuffing with Roasted Chestnuts and Dried Cranberries

Recipe from CookingLight

Serving Size: $\frac{3}{4}$ cup
Yields: 12 servings

Ingredients:

- 1-1/2 cups uncooked wild rice
- 1-1/2 cups fat-free, low-sodium chicken broth (can sub veg)
- 2 cups water
- $\frac{1}{2}$ teaspoon kosher salt, divided
- 1-1/2 cups whole roasted chestnuts
- $\frac{3}{4}$ cup dried cranberries
- 1-1/2 cups carrots (halved, thinly sliced)
- 1-1/2 cups yellow onion (chopped)
- 1-1/4 cups celery (thinly sliced)
- $\frac{1}{2}$ cup fresh parsley (minced)
- 2 Tablespoons fresh sage (minced)
- 1 Tablespoon fresh thyme leaves
- $\frac{1}{4}$ teaspoon black pepper
- Cooking spray

Directions:

1. Preheat oven to 400°F.
2. Combine rice, broth, water and $\frac{1}{4}$ teaspoon salt in a saucepan. Bring to a boil. Partially cover, reduce heat and simmer 40 minutes or until rice is tender, stirring occasionally. (Do not drain.) Place rice in large bowl and cover.
3. Arrange chestnuts on baking sheet and bake for 15 minutes. Cool slightly and cut into quarters.
4. Place cranberries in small bowl. Cover with hot water and let stand 20 minutes or until soft. Drain and add to rice.
5. Using cooking spray, cook carrot, onion and celery in large skillet over medium heat for 15 minutes or until vegetables are tender, stirring occasionally. Stir in herbs and remove from heat. Add to rice. Stir in remaining $\frac{1}{4}$ teaspoon salt, chestnuts and pepper.
6. Spoon rice mixture into a 13x9 inch baking dish coated in cooking spray, cover and bake at 400°F for 10 minutes or until thoroughly heated.

Nutrition Facts

Serving Size: 1 serving (274.3g)
Servings: 1

Amount Per Serving

Calories 200 Calories from Fat 15

% Daily Value*

Total Fat 1.5g 2%

Saturated Fat 0g 1%

Trans Fat 0g

Polyunsaturated Fat 0g

Monounsaturated Fat 0g

Cholesterol 0mg 0%

Sodium 230mg 10%

Potassium 490mg 14%

Total Carbohydrate 47g 16%

Dietary Fiber 6g 29%

Sugars 13g

Protein 5g

Vitamin A 200% • Vitamin C 25%

Calcium 6% • Iron 4%

*Percent Daily Values are based on a 2,000 calorie diet.