

Chicken & Wild Rice w/ Zucchini (6 servings)

Ingredients:

- 1 tablespoon olive oil
- $\frac{1}{2}$ yellow onion, medium size, small dice
- 2 cloves garlic, finely minced
- 1 each carrot, medium size, small dice
- 2 stalks celery, small dice
- $1 \frac{1}{2}$ cups cooked chicken, diced
- 2 cups cooked wild rice
- $\frac{1}{2}$ cup zucchini, small dice
- $\frac{3}{4}$ teaspoon sea salt
- $\frac{1}{2}$ teaspoon black pepper
- $\frac{1}{4}$ cup scallions, sliced on bias

Directions:

- In a large skillet or sauce pot, heat oil over medium heat. Add onion and garlic, cook for 2-3 minutes stirring occasionally until onion is golden color. Add carrot and celery, cook for additional 2-3 minutes until carrot is slightly tender.
- Add chicken and wild rice, stir well and cook until heated through. Add zucchini, salt, and pepper, mix well; remove to a serving platter. Garnish on top with sliced scallions.

Basic Wild Rice (makes 3 cups, if using in a recipe that is calling for salt, omit the salt from recipe below)

Ingredients:

- 1 cup wild rice
- $3 \frac{1}{2}$ cups water
- $\frac{1}{2}$ teaspoon salt (optional)
- $\frac{1}{4}$ teaspoon black pepper (optional)

Directions:

- Rinse and drain rice three times with water, drain well. Add rice to a small sauce pan, add water; bring to a full boil. Once at a boil, cover, reduce heat to low setting. Simmer until rice has absorbed water. This will take between 30 to 40 minutes.
- For chewier rice, check doneness at 30 minutes, drain excess water. Once water has absorbed, small air holes will appear on top of rice. Turn off heat and let steep for an additional 10 minutes covered. Uncover, stir in salt and pepper; remove to a serving dish.
(Note: to cool rice, spread out onto a sheet pan in a thin layer. Let come to room temperature, cover, refrigerate too completely cool)