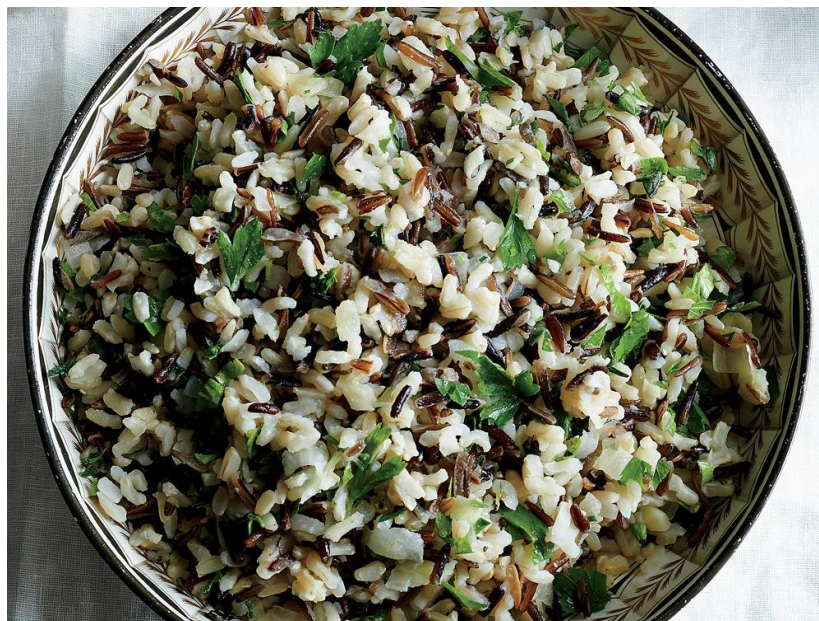


# Holiday Wild Rice and Fig Dressing



This recipe is an all-time holiday favorite! It is quick and easy to make in a nice warm kitchen. Enjoy the holiday with a wonderful mixture of wild and brown rice with dried figs.

## INGREDIENTS:

- ¼ cup brown rice
- ¼ cup wild rice
- 3 cups vegetable sauce
- 1 cup celery, diced
- 1 cup of onion, diced
- 3 T olive oil
- ¼ t nutmeg
- ¼ t black pepper
- ¾ cup parsley
- ½ cup chopped walnuts
- ¼ cup dried figs
- 1 ½ t sage

## COOKING INSTRUCTIONS:

- ❖ Preheat oven to 350 degrees. Use and coat a 2 quart oven baking dish.
- ❖ In saucepan, combine: broth and both types of rice. Bring to boil. Cover and reduce heat, simmer for 45 minutes.
- ❖ In a large skillet, heat olive oil. Add celery, onion, nutmeg, pepper, cook for 10 minutes. Transfer to oven safe 2 quart dish. Add parsley, walnuts, figs and sage.
- ❖ Drain rice while reserving the cooking liquid. Place rice in 2 quart dish. Measure 1 cup of the reserved cooking liquid and add to the rice mixture.
- ❖ Cover the 2 quart dish with foil and bake for 25 minutes. Bake uncovered for an additional 10 minutes.

## **NUTRITIONAL INFORMATION:**

- ✓ High in Fiber
- ✓ Heart Healthy
- ✓ Low Calorie
- ✓ Good Source of Iron