

Apple Sage Wild Rice Stuffing

4 ounces pecans (chopped)
4 tsp. canola oil (divided)
1 ½ cups celery (diced)
1 ½ cups onions (diced)
1 medium-sized red apple (peeled, diced)
2 cups brown rice (cooked)
1 cup wild rice (cooked)
½ cup cranberries (dried)
1 jalapeno pepper (finely chopped)
1 ½ Tbsp. fresh sage (chopped)
¾ tsp. salt

PREPARATIONS

1. Heat a large skillet over medium-high heat. Add the pecans and cook 2-3 minutes or until beginning to brown, stirring frequently. Set aside on separate plate.
2. Heat 1 tsp. of the oil over medium heat. Cook the celery and onion 8 minutes or until beginning to lightly brown on edge, stirring occasionally.
3. Add the apples and cook 4 minutes or until fork-tender.
4. Stir in the pecans and the remaining ingredients and cook 3-4 minutes or until the rice mixture is heated, stirring occasionally.

Makes: 12 servings

Nutritional Information (per serving)

Total Calories	160
Total Fat	9 g
Protein	3 g
Carbohydrates	20 g
Dietary Fiber	3 g
Saturated Fat	1 g
Sodium	160 mg
Total Sugars	7 g

Source: USDA