



A Nutrition Resource

Mixed Greens Fried Wild Rice

Yield: 5 Servings | Serving Size: 7.9 oz

Ingredients:

- 4 cups cooked wild rice (2 cups uncooked wild rice)
- 5 tablespoons canola or vegetable oil
- 1 cup chopped mushrooms
- 1 cup chopped bok choy
- 1 jalapeño chopped
- 3 garlic cloves chopped
- 3 green onions (scallions), chopped, green and white parts separated
- ¾ cup peas
- 2 tablespoons soy sauce
- 2 tablespoons sesame oil
- Salt and pepper to taste

Directions:

- 1) Cook wild rice according to package, preferably cook the rice a day before and store in refrigerator overnight.
- 2) Chop mushrooms, bok choy, jalapeno, and garlic.
- 3) In a large wok or nonstick skillet, heat 2 tablespoons canola oil over medium-high. Add the mushrooms, season generously with salt and pepper, and cook, stirring occasionally, until browned and tender, 5 or 6 minutes. Transfer to a large bowl.
- 4) Add 1 tablespoon canola oil and heat over medium-high. Add the bok choy, scallions, garlic and jalapeño, if using. Season with salt and pepper and stir-fry, stirring frequently, until aromatic and barely crisp-tender, 2 to 3 minutes. Transfer to the bowl with the mushrooms.

Nutrition Facts

Amount per	
1 serving (7.9 oz)	223 g
Calories 399	From Fat 218
% Daily Value*	
Total Fat 24.6g	38%
Saturated Fat 3.2g	16%
Trans Fat 0.1g	
Cholesterol 26mg	9%
Sodium 120mg	5%
Total Carbohydrates 32g	11%
Dietary Fiber 3g	12%
Sugars 3g	
Protein 15g	29%
Vitamin A 3%	Vitamin C 11%
Calcium 2%	Iron 8%

* Percent Daily Values are based on 2000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.

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- 5) Add the remaining 2 tablespoons canola oil to the skillet and heat over medium-high. Add the rice and cook, stirring occasionally, 4 to 5 minutes. Add the peas, soy sauce, sesame oil, and stir until rice is evenly coated in soy sauce mixture, and no uncoated rice grains remain, 1 to 2 minutes.
- 6) Stir in the mushroom and bok choy mixture, 1 to 2 minutes. Season to taste with salt and pepper then divide among bowls; serve hot.

Recipe provided by FAST Blackfeet (<https://www.fastblackfeet.org/>). Used with permission for educational purposes.

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