

[](http://www.google.com/url?sa=i&rct=j&q=&esrc=s&source=images&cd=&cad=rja&uact=8&ved=0ahUKEwijg4Xo1enOAhWOZiYKHcW6DMsQjRwIBw&url=http://www.healthsummitchiro.com/2014/11/wild-rice-stuffing-with-dried-cherries-toasted-pecans/&psig=AFQjCNFFvjplyABvhMR7n0eukq1-zWyvaA&ust=1472664738665348)**Wild Rice Stuffing with Dried Cherries and Toasted Pecans**

**12 SERVINGS**

Nutrition Facts per Serving:

Calories: 266 Protein (g): 6

Fat (g): 9 Carbohydrate (g): 40

**Ingredients:**

|  |  |
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| 2 cups | Leek, thinly sliced |
| 1 tbsp. | Fresh thyme, chopped |
| 1 tsp. | Kosher salt, divided |
| 3 cups | Water |
| 2 cups | Fat-free, lower sodium chicken or vegetable broth |
| 1 cup | Uncooked wild rice |
| 2 cups | Uncooked long-grain brown rice |
| ½ cup | Turnip, peeled and finely chopped |
| 1/3 cup | Celery, finely chopped |
| 1/3 cup | Carrot, finely chopped |
| 2/3 cup | Toasted pecans, chopped |
| ½ cup | Dried sweet cherries, chopped |
| 2 | Green onions, thinly sliced |
| ¼ cup | Butter, divided |

**Directions:**

1. Heat 2 tablespoons butter in a large saucepan over medium heat; swirl to coat.
2. Add leek, thyme, and ½ tsp. salt. Sauté 8 minutes, stirring occasionally.
3. Add 3 cups water, chicken broth, and wild rice; cover. Increase heat to high; bring to a boil.
4. Reduce heat, and simmer 30 minutes.
5. Stir in brown rice; cover and simmer 30 minutes. Remove from heat.
6. Preheat oven to 400°.
7. Heat remaining 2 tablespoons butter over high heat in a large skillet; swirl to coat.
8. Add turnip, celery, carrot, and remaining ½ teaspoon salt; sauté 1 minute. Reduce heat to medium; cook 4 minutes, stirring occasionally. Remove from heat.
9. Combine rice mixture, turnip mixture, pecans, cherries, and onions in a large bowl. Spoon stuffing into a 13 x 9-inch glass or ceramic baking dish. Cover with foil; bake at 400° for 20 minutes or until liquid is absorbed. Let stand 5 minutes before serving.