

# Apple-Sage Wild Rice Stuffing

Adapted from: [USDA MyPlate](#), *Meeting Your MyPlate Goals on a Budget*

Description: This tasty wild rice dish starts with sautéed celery and onions mixed with sweet apples and cranberries. This combination, topped with toasted pecans, sage and a hint of heat makes a flavorful addition to any meal.

Yield: 12 servings

Cook Time: 20 minutes

Preparation Time: 25 minutes

## Ingredients:

- 4 ounces chopped pecans
- 4 teaspoons canola oil (divided)
- 1 1/2 cups diced celery
- 1 1/2 cups diced onions
- 1 medium red apple, such as Jonathan or Gala (halved, cored, and diced, about 1 1/2 cup total)
- 2 cups hot cooked brown rice
- 1 cup hot cooked wild rice
- 1/2 cup dried cranberries
- 1 medium jalapeno pepper (seeded (if desired) and finely chopped OR 1/4 tsp dried pepper flakes)
- 1 1/2 tablespoons chopped fresh sage (or 1 1/2 tsp dried rubbed sage)
- 3/4 teaspoon salt

## Directions:

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 teaspoon 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 tender crisp.
4. Stir in the pecans and the remaining ingredients and cook 3-4 minutes or until the rice mixture is heated, stirring occasionally.

## Notes:

- Chef's Notes: Use any of your favorite nuts in place of pecans. Or, leave them out if someone is allergic.
- Materials: Large skillet, measuring cups, measuring spoons, mixing spoon, and a sharp knife

## Nutrition Facts

12 Servings Per Recipe	Amount Per Serving	Percent Daily Value
<b>Calories</b>	160	
<b>Total Fat</b>	9 g	
<b>Saturated Fat</b>	1 g	
<b>Cholesterol</b>	0 mg	
<b>Sodium</b>	160 mg	
<b>Total Carbohydrate</b>	20 g	
<b>Dietary Fiber</b>	3 g	
<b>Total Sugars</b>	7 g	
<b>Added Sugars</b>	3 g	
<b>Protein</b>	3 g	

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