

Wild Rice with Carrots

Recipe by Healthy Living Program

Ingredients



- 1/2 cup mushrooms (canned or fresh) sliced
- 1 tbsp vegetable oil
- 4 carrots (1 cup) grated
- 1 egg white, well beaten
- 1 1/2 cups wild rice
- 2 1/2 cups water
- 1 onion (1/2 cup) chopped
- 1/2 cup milk

Directions

1. Wash rice thoroughly with cold water until water is clear.
2. Put washed wild rice and water in large saucepan and bring it to boil for 10 minutes.
3. Now turn the heat off and let it sit with the lid on for 20-25 minutes until all the water has been absorbed.
4. Heat oil in a fry pan. Add onions and mushrooms and cook over medium heat until onions look clear in appearance.
5. Mix onions mushrooms and carrots with wild rice.
6. In a separate bowl mix milk and egg whites and then pour them in the rice mixture.
7. Bake in a covered casserole dish at 325 F for 1 hour stirring every 15 minutes.