



# WILD RICE WITH DRIED FRUIT & NUTS

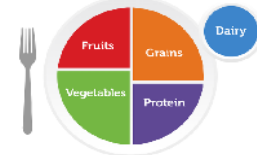
---



WATCH RECIPE VIDEO HERE



Color your meal!



MyPlate.gov

## Ingredients:

**1 cup wild rice**

**4 cups vegetable or chicken broth**

**1 cup dried fruit**

**1/2 cup nuts, chopped**

**salt, to taste**

**black pepper, to taste**

**2 tbsp parsley, chopped (optional)**

## Directions:

1. In a large pot, cook wild rice in broth according to package directions.
2. When the rice is tender, remove from heat and drain any excess liquid.
3. Mix in the dried fruit, nuts, parsley (if using), and salt and pepper to taste.

Find more recipes and resources online at: [www.gcfb.org/recipes\\_resources](http://www.gcfb.org/recipes_resources)

# Want to apply for SNAP Benefits?

## Call the number below for assistance!

Mention **Gleaners** when speaking with your SNAP representative.

**F.O.R.**  
Comida y otros recursos  
**LÍNEA DE AYUDA**



Para obtener ayuda para encontrar una despensa de alimentos, ayuda para presentar una solicitud de beneficios de SNAP o referencias a otros recursos, llame al

**1-888-544-8773**


**F.O.R.**  
Food and Other Resources  
**HELPLINE**



For help finding a food pantry, assistance in applying for SNAP benefits or referrals to other resources, call

**1-888-544-8773**

**F.O.R.**  
خط المساعدة



للحصول على المساعدة في العثور على مخزن طعام، أو المساعدة في التقدم بطلب للحصول على مخصصات SNAP، أو الإحالات إلى موارد أخرى، اتصل بالرقم

**1-888-544-8773**

**food BANK** **MiDHHS**  
Operado por el Consejo del Banco de Alimentos de Michigan  
Food Bank Council of Michigan  
Financiado en parte por el Departamento de Salud y Servicios Humanos de Michigan  
(Michigan Department of Health and Human Services)

**food BANK** **MiDHHS**  
Operated by the Food Bank Council of Michigan  
Funded in part by the Michigan Department of Health and Human Services

**food BANK** **MiDHHS**  
Operated by the Food Bank Council of Michigan  
Funded in part by the Michigan Department of Health and Human Services

**¿TIENE UNA TARJETA BRIDGE?**



**COMPRE \$1  
OBTENGA \$1 GRATIS  
FRUTAS Y VERDURAS**



**HAVE A BRIDGE CARD?**



**BUY \$1  
GET \$1 FREE  
FRUITS & VEGGIES**

**DoubleUpFoodBucks.org/GetFresh**

**866.586.2796**

**هل لديك "بطاقة الفود ستامب" BRIDGE CARD؟**



**اشتر بقيمة 1 دولار  
واحصل على 1 دولار مجانية  
من الفواكه والخضراوات**



Scan the QR code below for more resources!



[linktr.ee/GleanersKitchen](https://linktr.ee/GleanersKitchen)

Text **HEALTHYEATS** to **833-956-1009** to get text alerts for classes, nutrition tips, recipes, and more!