

Wild and Brown Rice Stuffing

1 cup	wild rice	1 cup	carrots, chopped
1 cup	brown rice	2 cups	portobello mushrooms, chopped
5 cups	chicken or vegetable stock (low sodium)	1 cup	cranberries, dried
2 tbsp	extra-virgin olive oil	2 tbsp	fresh marjoram, chopped
2 cloves	garlic	2 tbsp	fresh tarragon, chopped
2 cups	onion, chopped		Celtic sea salt and freshly ground pepper, to taste
½ cup	celery, chopped		

Place wild rice, brown rice, and stock in a medium pot and bring to a boil. Cover, turn heat to low and simmer for 45 minutes or until rice is cooked. Drain off any remaining stock. Set aside to cool.

Heat olive oil in a large skillet over medium-low heat. Add onions, celery, and carrots and sauté for 10 minutes or until very soft. Add mushrooms, cranberries, marjoram, and tarragon and sauté for 3 minutes or until mushrooms are juicy. Add garlic; season with salt and pepper to taste.

Combine sautéed vegetables with cooked rice. Adjust seasonings if necessary. Preheat oven to 400°F. Stuff into bird cavity or cook on its own in a buttered baking dish. Cook until bird is done, or 45 minutes in baking dish.

Adapted from 'Food & Drink' Magazine, Autumn 2006.

Nutritional Value of Select Ingredients

Brown Rice – This grain is rich in complex carbohydrates, good quality proteins, and yet low in fat and calories. Brown rice can help to regulate bowel function, glucose metabolism, prevent bowel cancer, and lower cholesterol.

Carrots – One of the best sources of beta carotene, carrots can help balance the immune system and reduce the risk of many cancers. They also guard against cardiovascular disease, reduce inflammation, slow the aging process, and are great for digestion disorders. Contain fibre, calcium, iron, and many other vitamins and minerals.

Celery – Eating 2 to 4 stalks of celery a day can lower blood pressure, especially if due to stress. It helps protect against cancer, is a mild diuretic, aids in weight loss and digestion, is a detoxifier, and can stimulate sex drive. High in vitamins, minerals, and phytonutrients.

Cranberries – Great for the kidneys, bladder, and skin, these tart berries are full of vitamin C, fibre, calcium, and iron; and phytonutrients like beta-carotene and quercetin. They are useful in the treatment of asthma, cystitis, and kidney and bladder stones.

Garlic – Garlic is touted as a "cure-all" due to its many uses in medicine. It has a beneficial effect on heart disease, cancer, and infectious diseases. It decreases cholesterol levels, detoxifies the body, stimulates the immune system, and the list goes on and on. Eat garlic raw and regularly for maximum benefits.