



## **Chilean Grape and Wild Rice Dressing**

### INGREDIENTS

1/4 cup butter  
1 large onion, chopped  
1 clove garlic, minced  
6 1/2 cup chicken broth  
2 cups wild rice  
2 cups long grain rice  
3 cup fresh red and green grapes, halved  
1/2 cup chopped fresh parsley  
1 1/2 cups toasted pecans, roughly chopped

### INSTRUCTIONS

In a large saucepan, melt butter. Sauté onions and garlic. Add chicken broth. Bring to a boil. Add wild rice. Reduce heat to a simmer. Cover and cook 30 minutes. Mix in long grain rice; cover and simmer another 30 to 40 minutes. Until rice is tender and liquid is absorbed.

Remove from heat, stir in grapes, parsley and pecans. Season with salt and pepper.

Serve stuffing warm as a side dish or stuff in a Turkey.

SERVES 12

### NUTRIENTS PER SERVING

285 calories, 15 gms fat, 135 calories from fat, 3 gms saturated fat, 12 mg cholesterol, 451 mg sodium, 3 gms dietary fiber, 9 gms protein

*Recipe from the Chilean Fresh Fruit Association*

