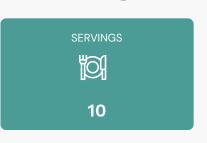


Wild Rice with Butternut Squash, Leeks, and Corn







SIDE DISH

Ingredients

	6 tablespoons butter divided ()
	3 cups butternut squash peeled (from)
	2 teaspoons kosher salt
	1.5 cups corn kernels white frozen thawed
	1.5 cups leek white finely chopped (part only)
	3 tablespoons olive oil
П	1 tablespoon parsley fresh italian chopped

	9 ounces rice wild	
Equipment		
	bowl	
	sauce pan	
	oven	
	sieve	
Directions		
	Rinse rice in strainer under cold water;drain. Bring 6 cups water and 2 teaspoonscoarse salt to boil in large saucepan.	
	Addrice; bring to boil. Reduce heat; simmeruncovered until rice grains begin to split andare tender but still slightly chewy, about 45minutes.	
	Drain.	
	Spread on rimmed bakingsheet to cool.	
	Transfer to bowl. DO AHEAD:Can be made 1 day ahead. Cover and chill.	
	Preheat oven to 350°F. Oil rimmedbaking sheet. Toss squash cubes and 3tablespoons oil in medium bowl.	
	Spreadsquash in single layer on prepared sheet; sprinkle with salt and pepper. Roast justuntil tender but firm enough to hold shape, stirring occasionally, about 15 minutes.	
	Transfer squash to bowl. Cool. DO AHEAD: Can be made 1 day ahead. Cover and chill.	
	Melt 4 tablespoons butter in largeskillet over medium heat.	
	Add leeks and 3/4 cup water; simmer until leeks are tender, about 7 minutes.	
	Add corn; simmer 2minutes longer.	
	Add rice and butternutsquash; simmer until heated through andliquid is absorbed, about 4 minutes. Stir in 2tablespoons butter and parsley. Season withsalt and pepper.	
	Transfer to bowl and serve.	
	Some kinds of wildrice take longer to cook than others. The riceis fully cooked when the grains are tenderbut still chewy and beginning to split. Besure to test the rice before draining	

Nutrition Facts

Properties

Glycemic Index:17, Glycemic Load:10.35, Inflammation Score:-10, Nutrition Score:13.320434792534%

Flavonoids

Apigenin: 0.87mg, Apigenin: 0.87mg, Apigenin: 0.87mg, Apigenin: 0.87mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Kaempferol: 0.36mg, Kaempferol: 0.36mg, Kaempferol: 0.36mg, Kaempferol: 0.36mg, Kaempferol: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 232.11kcal (11.61%), Fat: 11.67g (17.96%), Saturated Fat: 5.01g (31.32%), Carbohydrates: 29.46g (9.82%), Net Carbohydrates: 26.3g (9.56%), Sugar: 3.18g (3.54%), Cholesterol: 18.06mg (6.02%), Sodium: 575.98mg (25.04%), Alcohol: Og (100%), Alcohol %: O% (100%), Protein: 5.03g (10.05%), Vitamin A: 4946.67IU (98.93%), Manganese: 0.52mg (25.9%), Magnesium: 66.76mg (16.69%), Vitamin K: 16.9µg (16.09%), Phosphorus: 142.57mg (14.26%), Vitamin C: 11.35mg (13.75%), Folate: 54.08µg (13.52%), Fiber: 3.17g (12.67%), Vitamin B3: 2.53mg (12.65%), Vitamin E: 1.76mg (11.74%), Zinc: 1.69mg (11.28%), Vitamin B6: 0.21mg (10.26%), Copper: 0.19mg (9.45%), Potassium: 317.66mg (9.08%), Iron: 1.19mg (6.64%), Vitamin B2: 0.1mg (6.14%), Vitamin B1: 0.09mg (5.95%), Vitamin B5: 0.56mg (5.59%), Calcium: 37.03mg (3.7%), Selenium: 1.29µg (1.84%)