

Minoomin (Wild Rice) and Berries

There are many, many ways to make this dish! Here is one recipe to get you started.

Ingredients

- 5 cups cooked wild rice
- 2 cups blueberries, washed and drained
- ¼ cup maple syrup
- 2 cups strawberries, washed and sliced

Instructions

1. Always wash your hands before preparing food.
2. Cook wild rice until tender, 20 – 40 minutes depending on your rice. Drain thoroughly.
3. Mix in blueberries and maple syrup.
4. Top with sliced strawberries. This is delicious served warm or cold.

Notes

- Some cooks like to cover and bake this dish in a preheated 350°F oven to warm it.
- Some cooks add oat milk or other nondairy milk for creaminess.
- This dish can be made with a mixture of dried and fresh berries – try cranberries, blackberries, raspberries and more.
- A sprinkle of cinnamon and toasted nuts on top is also delicious.



Source: adapted from the **Good Food Cookbook**, GLITEC, Inc. pages 55 and 56 with recipes from Shiloh Maples, Little River Band of Ottawa and Connie Watson, Bay Mills Indian Community.

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