

## Wild Rice with Apples and Walnuts



Serves 4

### PRODUCE:

- Whistling Well apple, 1 medium
- Green bell pepper, 1 medium
- Onion, 1 small
- Garlic, 3-4 cloves
- Parsley, optional for garnish

### BULK

- Walnuts, 1/2 cup
- Autumn Harvest wild rice, 1 cup
- Long grain brown rice, 1 cup
- Rosemary, 1/2 tsp

### GROCERY

- Field Day vegetable broth, one 32 oz. carton

### OILS/CONDIMENTS

- Olive oil
- Salt and pepper



## Warm Wild Rice with Sausage and Apples



Serves 4

### PRODUCE:

- Whistling Well apple, 3 medium
- Onion, 1 small
- Garlic, 3-4 cloves

### BULK

- Autumn Harvest wild rice, 1 cup
- Long grain brown rice, 1 cup

### GROCERY

- Field Day vegetable broth, one 32 oz. carton

### MEAT

- Seward Co-op Spring Chicken Sausages, 6

### OILS/CONDIMENTS

- Olive oil
- Apple Cider Vinegar
- Dijon mustard
- Salt and pepper
- Honey



## Wild Rice with Apples and Walnuts & Warm Wild Rice with Sausage and Apples



**MAKE BOTH!**

*Serves 4 total - 2 servings of each*

### PRODUCE:

- Whistling Well apple, 2 medium
- Green bell pepper, 1 medium
- Onion, 1 small
- Garlic, 3-4 cloves
- Parsley, optional for garnish

### BULK

- Walnuts, 1/4 cup
- Autumn Harvest wild rice, 1 cup
- Long grain brown rice, 1 cup
- Rosemary, 1/4 tsp

### GROCERY

- Field Day vegetable broth, one 32 oz. carton

### MEAT

- Seward Co-op Spring Chicken Sausages, 3

### OILS/CONDIMENTS

- Olive oil
- Apple Cider Vinegar
- Dijon mustard
- Salt and pepper
- Honey

