

# Wild Rice, Chestnut and Apple Stuffing

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*Fill any poultry from Cornish game hens to a goose with this flavorful stuffing, or serve it as a side dish with grilled meats. Add 1 cup (4 oz/125 g) of cranberries with the apples for a colorful holiday version.*

1 cup (6 oz/185 g) wild rice

salt to taste

4 leeks, white parts only, chopped

2 tablespoons safflower oil

½ lb (250 g) fresh chestnuts, roasted, peeled and sliced

1 cup (8 fl oz/250 ml) chicken stock (see glossary) reduced to  
¼ cup (2 fl oz/60 ml)

½ cup (4 fl oz/125 ml) Calvados or dry Madeira

2 large Granny Smith or pippin apples, diced

1 tablespoon fresh sage, minced

2 tablespoons fresh thyme, minced

¼ cup (¼ oz/7 g) fresh parsley, minced

freshly ground pepper to taste

1. Stir the wild rice and salt into 4 cups (32 fl oz/1 l) boiling water. Simmer uncovered until the water is absorbed and the rice pops open, 40–45 minutes.
2. Sauté the leeks in the oil over moderate heat until soft but not browned. Add the chestnuts and chicken stock, and cook until the liquid evaporates, about 5 minutes. Raise the heat, deglaze the pan with the Calvados or Madeira and reduce again until syrupy.
3. Add the remaining ingredients, and toss with the wild rice.

**Serves 8**

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*¾ cup per serving: Calories 230, Protein 5 g, Carbohydrates 45 g, Fiber 7 g, Total fat 5 g (Saturated .5 g, Monounsaturated 1 g, Polyunsaturated 3 g), Cholesterol 0 mg, Sodium 15 mg, Vitamin C 40%.*

▲ 1 Bread, ½ Fruit, ½ Vegetable