

Wild Pecan® Rice and Cornbread Dressing

Courtesy of KONRIKO®

Makes 8 to 10 servings

Ingredients:

- 1 cup KONRIKO® Wild Pecan® aromatic rice
- ¾ pound ground pork
- 3 teaspoons KONRIKO® Creole Seasoning, divided
- ½ cup butter or margarine (1 stick)
- 3 cups chopped onion
- 2 cups chopped celery
- ¾ cup chopped green pepper
- 2 large cloves garlic, minced
- ¼ cup chopped green onion tops
- 2 tablespoons chopped parsley
- 1 teaspoon dried thyme leaves, crushed
- 3 cups crumbled cornbread
- 2 eggs, beaten
- About 1 cup chicken broth



Preparation:

- Cook rice according to package directions, omitting butter. Crumble pork in a large skillet over medium-high heat and sprinkle with 1-teaspoon Creole seasoning. Cook until browned, about 5 minutes, stirring often. Remove pork from skillet, discarding pan drippings.
- Melt butter in skillet and add onion, celery, green pepper and garlic; cook 6 to 8 minutes or until tender, stirring often. Remove from heat and stir in green onion, parsley and thyme.
- Combine rice and cornbread in a large bowl; add cooked pork, vegetable mixture, and remaining 2 teaspoons Creole seasoning and mix well. Stir in eggs and just enough broth to moisten mixture. Spoon into a shallow 2-quart casserole; bake in a 350° oven for 30 minutes or until heated through and browned on top.

Per serving:

- 424 calories
- 23 g total fat (11 g sat. fat)
- 128 mg cholesterol
- 619 mg sodium
- 39 g carbohydrates
- 4 g fiber
- 15 g protein