



*Simple,
Seasonal,
Sustainable*

Recipe of the Week

White Beans, Wild Rice and Mushrooms

Ingredients:

- 1½ pounds of canned low sodium Great Northern beans, drained and rinsed
- 1 cup wild rice
- 2 cups of low sodium vegetable stock (see recipe)
- 1¼ pounds sliced white mushrooms
- ½ teaspoon black pepper
- 1 tablespoon olive oil
- ¼ cup rice vinegar, unseasoned
- 1 large scallion, chopped

Directions:

1. Sauté mushrooms in ½ tablespoon oil using a hot pan. Remove from heat and set aside.
2. Heat vegetable stock in medium sauce pan. Cook rice in vegetable stock, covered, until tender (approximately 35 minutes).
3. Remove cooked rice, transfer to a large bowl, and allow to cool.
4. Combine mushrooms, beans, wild rice, and chopped scallions.
5. Add rice vinegar and remaining oil.

Serves 4

*Nutrition: 420 calories, 7 g fat,
68 g carbohydrate, 18 g protein,
160 mg sodium*

*Source: Harvard School of
Public Health*

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