

Chickpeas Take-Two Plus Wild Rice as

By Kai Knutson, Hunter Martin, Anna Newman, and Margaret Taylor

Wild Rice

Recipe:

1. Pour boiling water over 1 cup wild rice and let stand for half an hour. Repeat this and when cooled, drain rice well.
2. In a heavy frying pan, melt ½ cup butter and stir in the soaked and drained wild rice, ½ cup slivered almonds, 2 tbsp. finely chopped onion, ½ lb. chopped mushrooms, and 1 tsp. salt. Saute about 5 minutes before stirring in 2 tbsp. sherry.
3. Turn into a light buttered casserole dish and pour 1½ vegetable broth over and bake, covered, at 325 degrees for an hour. Uncover and bake 15 minutes longer, or until rice is tender and liquid is absorbed.

Some Fun Facts:

- Wild rice is the state grain of our lovely state of Minnesota!
- Wild rice is an annual grass native to the Great Lakes region, and grows best either in ponds or in very slowly moving water.
- The scientific name of this particular wild rice, also known as Northern Wild Rice, is *Zizania palustris*

Some Also Fun But Plant Bio-Related Facts:

- Wild rice is not actually true rice, but belongs to the same family.
- Wild rice is high in protein, lysine, and fiber, as well as several vitamins and minerals.
- Wild rice is the seed of the grass species *Z. palustris*. We will be eating seed that has been husked; meaning the protective fruit has been removed and what are left are the nutritious endosperm and the germplasm, aka the embryo.

Chickpea

Recipe:

1. Soak chickpeas in water until they are soft.
2. Place on baking sheet, sprinkle liberally with seasoning salt.
3. Bake until crisp.

Some More Fun Facts about Chickpeas:

- Also Known as Garbanzo Beans, these are the favorite food of Zoboomafoo, the star lemur of Carleton Grad Chris Kratt's children's TV show of the same name: Zoboomafoo!
- There are two commonly eaten varieties of chickpea: Desi and Kabuli. Both names originate from Hindi, Desi meaning "local" and Kabuli meaning "from Kabul."
- In addition to being good for mashing up into hummus and baking with yummy spices, chickpeas are used for a number of different dishes, including the Indian favorite Chana Masala.

Some More Fun But Plant Bio-Related Facts:

- Since Chickpea is a member of the legume family, it is naturally high in nitrogenous proteins, since legumes are hosts to nitrogen-fixing symbiotic bacteria that live in the nodules of their roots.
- The Chickpea plant itself grows best in subtropical climes, and has white flowers.