

# Wild Rice Stuffing

*Doug Frost*

*Unitarian Universalist Fellowship of Vero Beach, FL 2000*

*3 cups cooked wild rice  
1 onion, chopped  
1 cup celery, chopped  
1/2 teaspoon oregano  
3 slices bacon, cut up  
1 cup mushrooms, sliced  
1/2 teaspoon sage  
2 cups bread cubes*

In a skillet with oil over medium-high heat, fry the bacon. Add the onion, celery and mushrooms. Saute' until soft.

Place the wild rice in a bowl.

Add the bacon mixture to the rice. Mix well.

Add the oregano, sage and bread cubes. Mix well.

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Per Serving (excluding unknown items): 925 Calories; 15g Fat (14.2% calories from fat); 37g Protein; 166g Carbohydrate; 16g Dietary Fiber; 16mg Cholesterol; 946mg Sodium. Exchanges: 10 Grain(Starch); 1 Lean Meat; 3 Vegetable; 2 Fat.