Brown & Wild Rice "Stuffing"
Serves 6-8

Traditional stuffing recipes are mostly white bread. If you're trying to keep white flour out of your diet this classically flavoured alternative is a good option for the holiday season. Serve this side dish with roast turkey or chicken.

1 cup brown rice, uncooked
1 cup wild rice, uncooked **OR**
2 cups brown and wild rice blend
1/4 cup unsalted butter, divided
2 medium onions, finely diced
1 1/2 cups chopped celery, including leaves
1 small clove garlic, finely chopped
1 tablespoon chopped fresh sage or 1 teaspoon dried
1 tablespoon chopped fresh thyme or 1 teaspoon dried
1/2 teaspoon celery seeds
Pinch of grated nutmeg
Pinch of ground cloves
1/2 teaspoon kosher salt
Freshly ground black pepper, to taste
1/4 cup low sodium chicken broth or turkey stock, or more as needed

The earlier in the day or the day before cook the wild and brown rice according to package directions, substituting low sodium chicken broth for the water. Spread the rice on a cookie sheet and allow it to cool completely before continuing the recipe. If you can refrigerate it over night, even better.

Heat a large skillet over medium heat. Add the butter. When the butter has melted, add the onion, celery, garlic, sage, thyme, celery seeds, nutmeg, cloves, and salt. Cover the pan with a lid and cook over medium-low heat until the onion is soft, 5 to 7 minutes, stirring occasionally. Remove the pan from the heat and add the cooked vegetables to a large mixing bowl. Add the cooked and cooled rice and mix well. Season with freshly ground pepper. Pour the stock over the rice and toss to coat. The rice should just hold together when mounded on a spoon.

Spread the rice mixture into a casserole dish sprayed with non-stick cooking spray. If you are making this a day ahead, cover the dish with foil and refrigerate. Bring the casserole to room temperature before baking. Pour an extra 1/4 cup of stock over the rice mixture if it seems dry. Bake the casserole, covered, at 350°F until heated through, about 45 minutes to 1 hour. For a crunchy top, uncover it for the last 15 minutes of baking.