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Floating Leaf Fine Foods is a family run business operating for 86 years. Our goal is to deliver plant based products to your table that are gluten-free, protein powered and will encourage excellent health and cuisine.

Our guarantee is to deliver the highest quality and cleanest product to you. If you are not 100% satisfied we will refund or replace your product.

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**RICEBERRY PILAF WITH CRANBERRIES & PECANS**

It has a nutty flavor, aromatic scent and a chewy texture similar to that of brown rice. This recipe checks all the boxes - flavor, color and texture!

**Prep Time** 5 minutes  
**Cook Time** 25 minutes  
**Total Time** 30 minutes  
**Servings** 4  
**Author** Kristen Stevens - The Endless Meal

**INGREDIENTS**
2 1/2 cups water  
1 1/2 cups Floating Leaf Wild Rice Blend  
3/4 cup toasted pecans, chopped  
1/2 cup dried cranberries  
1 small shallot, thinly sliced  
1/4 cup minced parsley  
Optional: 1 tablespoon olive oil

**INSTRUCTIONS**
Bring 2 1/2 cups of water to a boil over high heat. Pour the rice into the pot, lower the heat to medium, and cover with a lid. Let the rice cook for 25 minutes then remove the pot from the heat. Let the rice sit with the lid on the pot for 5 more minutes. Add the remaining ingredients to the pot and stir.
MEDITERRANEAN STUFFED TOMATOES

Prep Time 30 minutes  
Cook Time 30 minutes  
Total Time 60 minutes  
Servings 8 Tomatoes

INGREDIENTS
8 tomatoes (medium)  
1 teaspoon olive oil  
1/2 onion (medium)  
3 cloves garlic (minced)  
1/2 cup tomato pulp (chopped, reserved from coring tomatoes)  
1 cup Floating Leaf Sprouted Crimson Lentil, Wild Rice, and Quinoa  
2 3/4 cup vegetable broth  
1/4 cups pine nuts (+ 1 teaspoon olive oil)  
1/4 cup green olives (chopped)  
1/4 cup Italian parsley (chopped)  
1/4 cup feta cheese (*for vegetarian option)  
2 tablespoons nutritional yeast (*for vegan option)  
2 teaspoons fresh oregano (minced)  
6 dates (finely chopped (or sub 1/4 cup raisins or currants))  
salt and pepper (to taste)

INSTRUCTIONS
Cut the tops off the tomatoes, use a small spoon to scoop out the centers, then place them in a baking dish. Reserve the tops and insides of the tomatoes.

Heat the olive oil in a large skillet over medium-high heat. Add the onion and cook until it turns translucent, about 3 minutes. Add the garlic and cook for 1 minute more.

Add the chopped tomato pulp, the Floating Leaf rice blend, and the vegetable broth and bring it to a boil. Boil for 5 minutes then reduce the heat to low, cover the skillet, and cook for 20 minutes.

Preheat your oven to 375 degrees.

While the rice cooks, toast the pine nuts in 1 teaspoon of oil over medium heat for 3-4 minutes, until they are golden and fragrant. Chop the olives, parsley, and dates. When the rice is soft, add the pine nuts, olives, parsley, feta cheese or nutritional yeast, oregano, and dates and mix well. Season with salt and pepper, to taste.

Stuff the rice into the tomatoes and place the tops on the tomatoes. Roast for 30 minutes, or until the tomatoes are soft and starting to brown on top.
BUTTERNUT SQUASH AND RICE ENCHILADAS

Prep Time 20 minutes  
Cook Time 45 minutes  
Total Time 65 minutes  
Servings 6

Preheat oven to 400°.
Cook butternut squash in a skillet over medium-high heat with a bit of oil, along with the garlic and paprika.

While the squash is cooking, combine beans, tomatoes, onion, and rice in a bowl and set aside. Add cooked butternut squash to the bowl as well; stir to combine.

Make the sauce by whisking all 3 ingredients together. Pour half of the sauce into the two baking dishes.

Next, assemble the enchiladas: fill a tortilla with the butternut squash mixture, then sprinkle some cheese inside. Roll tortilla up and place it into the baking dish. Repeat this process for all of the tortillas, then pour the rest of the sauce over the enchiladas.

Sprinkle remaining cheese over top, then bake enchiladas for 15 minutes, or until cheese is bubbling. Top with cilantro and avocado and enjoy!

INGREDIENTS
2 cups butternut squash (peeled and cubed)  
1 tablespoon olive oil  
1 teaspoon garlic powder  
1/4 teaspoon smoked paprika  
1 cup Floating Leaf Sprouted Brown Rice, Split Pea & Quinoa (cooked to package instructions)  
1 can black beans (rinsed and drained)  
1 cup red onion (chopped)  
1/2 cup tomatoes (diced, fresh or canned)  
1 cup Mexican cheese blend (shredded)  
12 tortillas (soft taco size)  
cilantro and avocado (to garnish)

Enchilada Sauce
1 1/2 cups red enchilada sauce  
1/4 teaspoon chipotle seasoning  
1/4 teaspoon garlic powder

INSTRUCTIONS
Preheat oven to 400°.  
Cook butternut squash in a skillet over medium-high heat with a bit of oil, along with the garlic and paprika.  

While the squash is cooking, combine beans, tomatoes, onion, and rice in a bowl and set aside. Add cooked butternut squash to the bowl as well; stir to combine.

Make the sauce by whisking all 3 ingredients together. Pour half of the sauce into the two baking dishes.

Next, assemble the enchiladas: fill a tortilla with the butternut squash mixture, then sprinkle some cheese inside. Roll tortilla up and place it into the baking dish. Repeat this process for all of the tortillas, then pour the rest of the sauce over the enchiladas.

Sprinkle remaining cheese over top, then bake enchiladas for 15 minutes, or until cheese is bubbling. Top with cilantro and avocado and enjoy!
VEGETARIAN STUFFED DELICATA SQUASH WITH CURRY TAHINI DRESSING

Author Isadora Lassance | She Likes Food

INGREDIENTS
4 whole delicata squash
Olive oil
Salt and pepper
1 cup rinsed Floating Leaf Prairie Blend, Sprouted Brown Rice with Split Pea & Quinoa
2 cups chopped kale
1/2 cup dried cranberries
1/2 cup chopped walnuts
1/3 cup diced red onion

CURRY TAHINI DRESSING:
1/3 cup tahini
Juice of 1 lemon
3 tablespoons water (to get desired consistency)
1 teaspoon tamari, or soy sauce
1 teaspoon pure maple syrup
1/2 teaspoon curry powder
1/4 teaspoon garlic powder
1/4 teaspoon ground cumin
1/4 teaspoon salt

INSTRUCTIONS
1. Pre-heat oven to 400 degrees F. Cut delicata squash in half, lengthwise. Scoop out the insides and brush each half with a small amount of olive oil and season with salt and pepper.

2. Place squash cut side down on a large baking sheet and bake until fork tender, about 30 minutes.

3. Cook Floating Leaf Prairie Blend according to package directions. Let sit for a few minutes and then fluff with a fork. Add rice blend to a large bowl along with the kale, dried cranberries, walnuts and red onion, 2 teaspoons olive oil and salt and pepper, to taste. Mix until everything is combined.

4. Add all dressing ingredients to a jar or small bowl and whisk until combined.

5. Fill each piece of squash with a generous amount of the rice mixture, about 1/2 cup. When ready to eat drizzle desired amount of dressing over the top and enjoy!
WILD RICE MEDLEY

**Prep Time** 20 minutes  
**Cook Time** 30 minutes  
**Total Time** 50 minutes  

**Servings** 6  
**Author** Dana Sandonato | Killing Thyme

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**INGREDIENTS**

- 1 cup Floating Leaf Fine Foods Sprouted Crimson Lentil, Wild Rice and Quinoa Prairie Blend
- 3 1/4 cups vegetable broth
- 1 cup cubed squash, roasted
- 1 cup cubed apples, roasted
- 1 cup cubed beets, roasted
- 1 tsp olive oil
- 1/4 tsp kosher salt
- 1/4 tsp smoked paprika
- 1/4 tsp onion powder
- 1/4 tsp ground sage
- 1/4 tsp cinnamon
- 1/8 tsp nutmeg
- 1/3 cup toasted pepitas
- 2 cups roughly chopped kale; washed, ribs removed

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**Maple and Apple Cider Vinaigrette**

- 2 tbsp Extra Virgin Olive Oil
- 1 tbsp apple cider vinegar
- 1 tbsp pure maple syrup
- Juice of half a lemon
- 1 tsp Dijon Mustard
- 1/8 tsp Kosher salt
- 1/8 tsp cracked black pepper

**Garnish**

Fresh pomegranate arils

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**INSTRUCTIONS**

**Wild Rice Medley**

Pre-heat the oven to 420°F.
Transfer the squash, apples, and beets to a large bowl. Drizzle with 1 tsp of olive oil and add all of the spices listed from the salt through to the nutmeg. Stir until everything is evenly coated. Then, spread the squash, apples, and beets out onto a baking sheet and bake in the oven for about 20 minutes, or until the squash and beets are tender.

While the veggies roast, combine 1 cup of the wild rice blend with 3 1/4 cups of vegetable broth in a large pot. Bring it to a boil and let it boil, uncovered, for 5 minutes. Reduce the heat to medium-low, cover, and cook for about 20 minutes. When done, remove the pot from the heat and let the rice stand for 5 minutes; then fluff with a fork.

**Maple and Apple Cider Vinaigrette**

Add all of the ingredients to a small jar or bowl and shake/whisk the mixture until it's well-blended; set aside.

**Assembly**

In a large bowl, combine the rice blend with the roasted squash, apples, and beets. Add the toasted pepitas and kale, and drizzle the dressing over the salad. Toss to coat. Garnish the salad with pomegranate arils and serve warm.
CRANBERRY WALNUT WILD RICE PORRIDGE

Cranberry Walnut Wild Rice Porridge ~ swap out your usual oatmeal for this cozy hot cereal full of antioxidants, protein, and fiber. It’s naturally gluten free and ready in minutes!

**Prep Time** 5 minutes  
**Cook Time** 15 minutes  
**Total Time** 20 minutes  
**Servings** 2  
by Sue Moran | The View from Great Island

**INGREDIENTS**
- 1 cup Floating Leaf Organic Wild Rice in Minutes!
- 3 cups water
- 1/2 cup milk, half and half, or cream
- 4 tbsp maple syrup
- 1/2 cup roasted cranberries**
- 1/4 cup toasted walnuts
- 2 tsp dark brown sugar (optional)

**INSTRUCTIONS**

Put the wild rice in a strainer and rinse under cold running water for 60 seconds. Put in a medium saucepan and add the 3 cups water. Stir and bring up to a boil. Turn the heat way down, cover, and cook for 10 minutes. Strain off excess liquid.

Put the wild rice back in the sauce pan and add the milk or cream and maple syrup. Bring back to a simmer and gently cook for another minute or so.

Divide the porridge between two bowls and add the cranberries, nuts, and a sprinkle of dark brown sugar. Enjoy!

**To flash roast your cranberries, just put them on a baking sheet and roast in a 350F preheated oven for about 5 minutes, just until they turn bright and glossy, and some of them have popped. This turns an unappealing raw cranberry into an irresistibly sweet/tart delight.**
HOLIDAY MACRO BOWL
WITH MISO TAHINI ‘GRAVY’

Protein rich lentils, roasted sweet potatoes and Brussels sprouts, festive cranberries, and toasted walnuts, all tied together with a sweet and savory miso tahini dressing.

**INSTRUCTIONS**

Preheat oven to 400 degrees F and line a baking sheets with parchment paper.

On the first baking sheet, lay out the cubed sweet potatoes and Brussels sprouts. Spray/drizzle with a bit of avocado oil (or omit if oil free) and sprinkle with Himalayan sea salt. Bake for 20-25 minutes, until the sweet potatoes are tender and brussels sprouts are well browned. Remove from the oven and set aside.

While the veggies are roasting, prepare your Sprouted Crimson Lentils, Wild Rice, & Quinoa in vegetable broth according to package instructions. Set aside until ready for use.

Toast the walnuts on the stove top over low heat for ~10 minutes or bake at 350 F for 8-10 minutes.

Prepare the Miso Tahini Dressing by adding tahini, miso paste, lemon juice, filtered water, and optional maple syrup to a high speed blender and pulsing until smooth and creamy. Add more water for a thinner consistency and more tahini for a thicker consistency. Store in the refrigerator until ready to use.

To assemble to bowls, add a heaping cup of sprouted lentils, wild rice, & quinoa to a bowl and top with roasted sweet potato, Brussels sprouts, lentils, toasted walnuts, and cranberry sauce/cranberries. Serve drizzle with Miso Tahini Dressing and garnish with green onion.

Store leftovers separately in the fridge separately for 3-5 days and reassemble before serving.

**INGREDIENTS**

- 1 cup uncooked Floating Leaf Sprouted Crimson Lentils
- 3 1/4 cups vegetable broth
- 15 ounce can, lentils, drained and rinsed
- 2 medium/large sweet potatoes, cubed
- 3 cups Brussels sprouts, trimmed and halved
- avocado oil spray
- Himalayan sea salt, to taste
- Black pepper, to taste
- 1/2 cup crushed walnuts, toasted
- 1/2 cup dried cranberries
- MISO TAHINI GRAVY
  - 1 tbsp miso paste
  - 3 tbsp tahini
  - 2-4 tbsp lemon juice
  - 1/4 cup warm filtered water
  - 1 tsp maple syrup (optional)
  - 1 green onion, diced

**Prep Time** 10 minutes  
**Cook Time** 30 minutes  
**Total Time** 40 minutes  
**Servings** 4

Author Lauren Kirchmaier | Flora and Vino
SWEET POTATO AND BEET WILD RICE SALAD

Gorgeous sweet potato and beet wild rice salad recipe! This healthy, vegan salad is loaded with roasted root vegetables, a nutty wild rice blend, tart cranberries, and sweet pecans.

INGREDIENTS

3 medium red beets, peeled and finely diced
2 medium sweet potatoes, peeled and finely diced
6 tbsp olive oil, divided
Salt and pepper
2 cups rinsed Floating Leaf Prairie Blend. Sprouted crimson lentils, wild rice, and quinoa
2 1/2 cups vegetable stock
2 1/2 cups water
1 1/2 tbsp finely minced shallot
3 tbsp finely minced fresh tarragon
3 tbsp sherry vinegar
2 cups pecans (toasted, optional)
1 cup dried cranberries

INSTRUCTIONS

1. Preheat the oven to 400 degrees F. Line a baking sheet with parchment paper (optional for easy clean up).

2. In a mixing bowl, toss the beets and sweet potatoes with 2 Tbsp of the olive oil and season with salt and pepper. Spread on the baking sheet and roast for 20 minutes. Stir the root vegetables and roast for an additional 20 minutes or until fork tender.

3. Meanwhile, combine the Prairie Blend with the water and stock in a medium saucepan over high heat. Boil uncovered for 5 minutes. Reduce heat to medium, cover, and simmer for 20 minutes, or until blend is cooked to your liking. You may need to strain the excess water out. Fluff with a fork and let sit for 5 minutes.

4. Meanwhile, add the shallot, tarragon, vinegar, and remaining 4 Tbsp oil to a small container with tight fitting lid. Shake to emulsify and set aside. In a very large serving bowl, toss together the Prairie Blend, the pecans, the cranberries, and the dressing. Season with salt and pepper to taste. Add the roasted root veggies and gently toss just a few times. If you toss it too much at this point, the beets will turn your salad pink.

This salad is best served warm, but could be served cold as well.
ONE PAN MEXICAN QUINOA AND RICE

Prep Time 15 minutes  
Cook Time 20 minutes  
Total Time 35 minutes  
Servings 6

INGREDIENTS
1 1/2 cups Floating Leaf Sprouted Brown Rice, Split Pea, and Quinoa  
3 cups vegetable broth  
1 15 ounce can crushed tomatoes  
1 15 ounce can kidney beans  
1 ear corn (kernels cut off cob)  
1 tablespoon chili powder (*less if yours is very spicy!)  
1 tablespoon cumin  
1 teaspoon Mexican oregano  
1 cup cheddar cheese (shredded)

Suggested Toppings
1 tablespoon olive oil  
1 bell pepper (sliced thinly)  
1/2 onion (sliced thinly)  
salt and pepper (to taste)  
1 avocado (cubed)  
1 cup cherry tomatoes (halved)  
cilantro (to garnish, optional)  
green onions (to garnish, optional)

INSTRUCTIONS
In a large sauté pan with a lid, or a dutch oven, add a tablespoon of olive oil, and heat over medium high heat. Add sliced onions and peppers and sauté for 5-7 minutes, until tender and beginning to brown. Remove from pan and set aside.

To the same pan, add the rice and quinoa blend, crushed tomatoes, vegetable broth, salt, spices, kidney beans, and corn. Stir to combine, and then allow to come to a boil over medium high heat.

Once the pot is boiling, reduce heat to low, and cover. Simmer for another 12-15 minutes, until most of the liquid is absorbed. Be sure to check, because the tomato sauce will rise to the top and the rice will be cooked below.

Once your rice is cooked, stir the tomato sauce back into the rice, and top with shredded cheese. Place the lid back on top and let it sit for a couple of minutes until the cheese is melted. 
Top the dish with sautéed peppers and onions, avocado, tomatoes, cilantro and green onion, or any other toppings you desire!
**VEGAN BURRITOS**

**Prep Time** 10 minutes  
**Cook Time** 45 minutes  
**Total Time** 55 minutes  
**Servings** 8-10

Author Regina Braun | Leelalicious

**INGREDIENTS**
- 1 cup Floating Leaf Sprouted Black Beans Organic Brown Rice Blend
- 1 cup salsa
- 2 cups vegetable broth
- 1 tablespoon olive oil
- 1 pound (3.5-4 c.) sweet potatoes, diced
- 1 small red onion, sliced
- 1 15oz. can corn, drained (or 1.5 cups frozen corn)
- 2-3 teaspoons taco seasoning
- 1/2 bunch cilantro leaves, chopped
- 8 large whole grain flour tortillas
- guacamole for serving
- parchment, cling film, or aluminum for wrapping

**INSTRUCTIONS**

1. Rinse the rice blend in cold water according to instructions. Add rinsed rice to a medium saucepan along with salsa and vegetable broth. Bring to a boil, then cover and simmer for 40 minutes.

2. Heat oil in a large pan. Add the sweet potato dices and sauté on medium-high for a couple minutes. Stir in the onion slices. Turn heat to low and cover the pan with a lid. Let the sweet potatoes and onion soften for about 5 minutes.

3. Uncover and stir in the taco seasoning and corn. Cover again and let cook until the sweet potato is completely soft.

4. When the rice is finished cooking, uncover and fluff up the rice.

5. To assemble, place about 1/3 cup of the cooked rice just below the centre of a large tortilla.

6. Add a little chopped cilantro on top before adding 1/3-1/2 cup of the sweet potato mix.

7. Fold in the sides of the tortilla, then start rolling it up from the bottom. Repeat with the remaining ingredients.

8. To prepare for freezer storage, wrap the burritos in a piece of parchment paper, cling film, or aluminum. Freeze the wrapped tortillas in a large container or freezer bag.

9. To reheat, place the frozen burrito on a plate. Microwave for 2 minutes, then flip and microwave for another 2 minutes.

10. Alternatively, let the frozen burritos thaw in the fridge overnight, then place on a baking sheet and bake at 350°F until heated through (20-30 minutes).