

## WILD RICE STUFFING

### Directions

Cook Rice (one cup of dry rice to 3 cups water)

Saute green onions & celery

Add chopped nuts, chopped dried fruit or berries, sunflower seeds.

Rice stuffing won't absorb fat the way bread stuffing does, but wild birds usually aren't very fat anyway, and neither are small chickens and most turkeys. Add non-commercial seasonings to taste. Before you stuff wild birds wash inside and out very well with water that has baking soda and salt in it, then rinse.

Then rub the cavity with butter.