

WILD RICE AND NUT BAKE

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Directions Needed on hand to complete this freezer meal: ½ cup savory roasted vegetables, such as Brussels sprouts or cauliflower. Completely thaw in refrigerator. Preheat oven to 350°F/180°C. Into a large bowl, empty rice and nut mixture and add roasted vegetables; combine. Pour mixture into a greased 8-inch square baking dish. Bake, uncovered, for 40 to 45 minutes, or until set and a knife inserted into center comes out clean.

Recipe from *Fix, Freeze, Feast*, 2nd Edition © 2018 Kati Neville and Lindsay Ahrens, Storey Publishing

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