



# Chicken and Wild Rice with Apples

## Ingredients

- 1/2 cup wild rice
- 2 cups chicken stock
- 2 tablespoons [Fustini's Sage and Wild Mushroom olive oil](#)
- 1 small onion, chopped
- 1/2 cup mushrooms, sliced
- 1/2 cup [Michigan Apple balsamic](#)
- 1 12-ounce package cooked chicken sausage, cut into 1/2 inch slices
- 2 1/2 cups fresh kale, chopped, divided
- 1 medium apple, chopped
- salt and pepper
- fresh sage, chopped for garnish

## Directions

### Step 1.

In a medium saucepan combine wild rice and chicken stock. Bring to a boil. Reduce heat, cover and boil gently for 30 minutes. Remove from heat and let stand, covered, for an additional 15 minutes.

### Step 2.

In a Dutch oven, or sauté pan, heat olive oil over medium-high heat. Add onion and sauté until translucent. Add mushrooms and continue cooking until slightly browned 5-8 minutes. Pour in balsamic to deglaze the pan. Stir in chicken sausage, 2 cups of kale, apple and wild rice. Season with salt, pepper and continue cooking until heated through, but before the kale and apple become to wilted.

Stir in remaining kale and garnish with fresh sage before serving.