Remember to wear BLUE this Thursday in support of Diabetes Awareness Month!

Traditional foods can be part of healthful diet. Wild rice and buffalo were traditionally part of some Native American tribes' diets. The recipe below can stretch your food dollars by using wild rice as a filler for hamburger patties. Ground beef or ground turkey may also be used in place of ground buffalo for this recipe.

Wild Rice Hamburgers

Ingredients:

- 1 pound ground buffalo
- 2 cups cooked wild rice
- 2 cloves minced garlic
- 1 T. fresh chopped or dried thyme, oregano, and/or rosemary (optional)
- Salt and pepper to taste (optional)

Directions:

1. Thoroughly mix the wild rice, ground beef and optional ingredients, if desired, in a large bowl until the texture is consistent.
2. Form into patties and grill or cook, and then serve like a standard hamburger.