

## Wild Rice Pecan Waffles

### Ingredients

1 cup all-purpose flour  
1 teaspoon baking powder  
1/2 teaspoon salt  
2 eggs, separated  
2/3 cup milk  
1/4 cup vegetable oil  
1.5 cups cooked wild rice  
1/2 cup chopped pecans

### Directions

In a bowl, combine the flour, baking powder and salt. In a mixing bowl, beat egg yolks, milk and oil; stir into dry ingredients just until moistened. In another bowl, beat egg whites until stiff peaks form; fold into batter. Fold in the rice and pecans.

Bake in a preheated greased waffle iron according to manufacturer's directions until golden brown.

