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.