Arkansas Rice Facts

• Arkansas is the nation’s largest rice-growing state, producing half the nation’s rice and nearly 9 billion pounds annually.

• In 2014, the state’s rice industry donated 120,000 pounds of rice to fight food insecurity in Arkansas.

• Rice is the main food for half the people in the world — more than 3 billion people worldwide depend on rice as their staple diet.

• A pound of rice delivers four times the food energy as the same serving of potatoes or pasta.

• Rice and its by-products are used for making straw and rope, paper, wine, crackers, beer, cosmetics, packing material and even toothpaste.

source: Arkansas Rice Federation
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Cheese Rice with a Kick

**INGREDIENTS:**
- 3 c. cooked white basmati or lightly milled brown basmati rice
- 2 c. shredded mild cheddar cheese
- 2 c. chicken broth
- 1 c. sour cream
- 1 can (4½-oz.) chopped green chilies
- ¼ tsp. ground red pepper (or to taste)
- 1 tsp. garlic salt (or powder)

**DIRECTIONS:**
Cook rice according to directions then measure out 3 cups. Mix all ingredients together and pour into a 12x9-inch baking dish. Place in preheated oven at 350°F and bake uncovered for 45 minutes or until top is lightly brown. Do not overcook or it will be too dry. Makes 8 to 10 servings.
Rice Cheese Dip

**INGREDIENTS:**

½ block Velveeta® cheese
1 lb. ground chuck hamburger meat, cooked and drained
1 can (10¾-oz.) tomato soup
1 can (10-oz.) Rotel® diced tomatoes with green chilies
1 package (1¼-oz.) taco seasoning
1 ½ cup cooked Producers Parexcellence rice

**DIRECTIONS:**

Mix all together and cook on stove top or in crock pot. Add a little water as needed to keep it from becoming too thick.

—Kerri Nutt, Producers employee
White versus Brown Rice

Brown rice is the whole grain with only the inedible outer husk removed through milling. It retains a nutritious, high fiber bran coating, giving it a light tan color, nutlike flavor and chewy texture. The bran is a high in soluble fiber, B vitamins, minerals and phytonutrients.

To make white rice, the grains are stripped further — removing the bran and germ and polishing the grains to be smooth and white. While the bulk of the nutrition is removed with these layers, white rice will cook faster and tends to create a fluffier rice.

There is also a difference in shelf life. The outer layer on brown rice can go rancid if not stored properly. Its shelf life is limited to about 6 months unless refrigerated. However, white rice kept in an airtight container in a cool dark place can be stored almost indefinitely.

**Cooking Brown Rice**
Use 2½ c. liquid to 1 c. rice, cook 40-50 min.
1 cup contains 218 calories; 1.5g fat;
46g carbohydrate; 3.5g fiber; 4.5g protein.

**Cooking White Rice**
Use 2 c. liquid to 1 c. rice, cook 15 min.
1 cup contains 242 calories; 0.5g fat;
53g carbohydrate; 5g fiber; 4.5g protein.
Rice Cheeseball

**INGREDIENTS:**

- 8 oz. cream cheese
- ½ c. sour cream
- 1½ c. cold cooked rice
- 1 package (1 oz.) ranch-style salad dressing mix
- 1 c. grated cheddar cheese
- 2 Tbsp. chopped green onion tops
- 1 tsp. chopped pimento
- 2 chopped hot peppers (optional)
- ½ c. chopped pecans
- Chili power

**DIRECTIONS:**

Allow cream cheese to soften. Mix cream cheese and sour cream together, add rice. Stir in ranch-style dressing mix. Add remaining ingredients except pecans and chili powder; stir well. Shape mixture into ball and roll in chopped pecans. Sprinkle with chili powder. Refrigerate until ready to serve. Serve with snack crackers.

—Carolyn Wynn, 2015 Arkansas Rice Expo Recipe Contest Winner
Reuben Rice Dip

**INGREDIENTS:**

- 1 c. mayonnaise
- 6 Tbsp. ketchup
- 2-3 dashes Tabasco
- ½ tsp. black pepper

- 1 lb. of corned beef (chopped)
- 1 (8-oz.) block of cream cheese (softened)
- 1 (16-oz.) jar of sauerkraut (drained)

- 2 c. shredded Swiss cheese (divided)
- 2 c. brown rice (cooked according to package directions)

**DIRECTIONS:**

Preheat oven to 350°F and lightly grease an 8x8 baking dish.

To make Thousand Island dressing, mix first four ingredients in a small bowl. Reserve ¼ cup of dressing for after baking. Mix softened cream cheese and ¼ cup of Thousand Island dressing in a large bowl. Add cooked brown rice, sauerkraut and 1 cup of shredded Swiss cheese. Mix well. Add chopped corned beef and stir. Place in greased baking dish and top with remaining 1 cup of shredded Swiss cheese.

Bake 30 minutes until bubbly. Serve warm with tortilla chips or melba rounds. Have extra Thousand Island dressing out for guests to drizzle on top of their serving.

—Lynnsey Bowling, 2015 Miss Arkansas Rice
Tips for Perfect Rice

• Accurately measure rice and liquid.

• Set timer to prevent under- or over-cooking.

• Keep lid on pot during cooking to prevent steam from escaping.

• Rice triples in volume. Use cookware appropriate for the amount of rice you are preparing.

• Do not stir. Stirring releases the starch, resulting in rice that is sticky.

• When rice is cooked, fluff with fork or slotted spoon to allow steam to escape and keep the grains separate.
Spinach Rice Cups
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Cajun Gumbo Rice Fritters

**Ingredients:**
- 1 qt. reduced-sodium chicken broth
- 1 medium onion, chopped
- 6 Tbsp. butter, divided
- 2 garlic cloves, minced
- 1½ c. uncooked Arborio rice
- ½ c. rice vinegar
- 1 tsp. kosher salt, divided
- ¼ teaspoon black pepper, divided
- 1 green bell pepper, minced
- 1 red bell pepper, minced
- 1 lb. peeled cooked shrimp, chopped
- 1½ tsp. filé powder
- ½ tsp. Cajun seasoning
- ½ tsp. hot sauce
- 3 green onions, thinly sliced
- 1 c. all-purpose flour
- 3 large eggs, lightly beaten
- 3 c. panko (Japanese bread crumbs)
- Vegetable oil
- Spicy mayo

**Directions:**

Bring broth to a simmer in a saucepan. Sauté onion in 2 tablespoons melted butter in a Dutch oven over medium heat 10 minutes. Add garlic and rice; sauté 2 minutes. Stir in rice vinegar; cook 3 minutes. Add 1 cup hot broth; cook, stirring constantly, until liquid is absorbed. Repeat, adding all of broth, 1 cup at a time. Stir in 2 tablespoons butter, ½ teaspoon salt, and ¼ teaspoon pepper. Spread on a baking sheet; cool 10 minutes.

Sauté bell peppers in 2 Tbsp. melted butter in a large skillet over medium-high heat 5 minutes. Stir in shrimp and next 4 ingredients. Remove from heat; stir in rice mixture.

Shape mixture into 1½-inch balls. Cover and chill 30 minutes to overnight.

Stir together flour, ½ teaspoon salt and ¼ teaspoon pepper. Place eggs in a second bowl; place breadcrumbs in a third bowl. Dredge rice balls in flour mixture; dip in eggs. Roll in crumbs. Chill 10 minutes.

Pour oil to a depth of 5 inches into a large Dutch oven; heat over medium-high heat to 350°F. Fry fritters, in batches, 3 minutes or until golden; drain on paper towels. Keep warm in a 250°F oven. Serve with spicy mayo.

**Makes 35 appetizers. Serving Size: 1 fritter. Calories 150; Total Fat 6g; Cholesterol 45mg; Sodium 240mg; Total Carbohydrate 17g; Dietary Fiber <1g; Protein 6g**
Oven-Fried Gruyere Rice Balls

**Ingredients:**
- 1 Tbsp. extra-virgin olive oil
- ¼ c. chopped onion
- 1 garlic clove
- 1 c. arborio rice
- 2 c. water
- ¾ c. shredded Gruyere cheese (2½ oz.)
- ½ c. grated Parmesan cheese (1½ oz.)
- ¼ c. fresh chopped mixed basil, thyme and oregano
- Salt and cracked black pepper to taste
- 2 egg whites
- ½ c. panko (Japanese bread crumbs)

**Directions:**
Preheat the oven to 450°F. Lightly oil a large, rimmed baking sheet. Heat the olive oil in a medium saucepan. Add the onion and garlic and cook over moderate heat until softened, about 4 minutes. Add the rice and cook, stirring, for 30 seconds. Stir in the water and bring to a boil. Cover and simmer over moderately low heat, stirring occasionally, until the water has been completely absorbed, about 10 minutes. Scrape the rice into a bowl and let cool to room temperature.

Stir the Gruyere, ¼ cup of the Parmesan and all of the chopped herbs into the rice. Season the rice with salt and generously season with coarsely cracked pepper.

In a medium bowl, beat the egg whites with a pinch of salt until firm peaks form. Stir one-fourth of the whites into the rice to loosen the mixture, then stir in the remaining whites. Roll the rice into 1½-inch balls.

In a shallow bowl, toss the panko with the remaining ¼ cup of Parmesan. Dredge the rice balls in the panko crumbs and transfer to the prepared baking sheet. Bake the rice balls in the upper third of the oven for 25 minutes, or until golden and crisp. Let stand for 5 minutes, then transfer to a platter and serve.

Makes 30 appetizers. Serving Size: 1
- Calories 60; Total Fat 2g; Cholesterol <5mg; Sodium 60mg; Total Carbohydrate 7g; Dietary Fiber 0g; Protein 2g
Prosciutto and Asiago Rice Cakes with Pesto Aioli

**Ingredients:**
- 1/3 c. light mayonnaise
- 2 Tbsp. prepared basil pesto
- 2 Tbsp. olive oil
- 3 c. cooked medium grain white rice
- 1/2 c. Asiago cheese, grated
- 2 eggs, lightly beaten
- 3 oz. thinly sliced prosciutto, chopped
- 1/2 tsp. pepper

**Directions:**
To make pesto aioli sauce, combine mayonnaise and pesto in small bowl; refrigerate.

Combine rice, cheese, eggs, prosciutto and pepper in large bowl and mix well. Shape into 20 patties, about 1 1/2-inches in diameter. Heat oil in large nonstick skillet over medium heat. Sauté half the patties 2 to 3 minutes on each side or until golden brown; remove from pan. Cook remaining patties, using additional oil, if needed. Serve with pesto aioli sauce.

Makes 20. Serving Size: 1. Calories 90; Total Fat 4.5g; Cholesterol 25mg; Sodium 210mg; Total Carbohydrate 9g; Dietary Fiber 0g; Protein 4g
Olive Rice Balls

**INGREDIENTS:**

- 1½ c. cooked rice
- ½ c. shredded cheddar cheese
- ¼ c. sliced green onions
- ¼ c. finely chopped ripe olives
- ¼ c. Italian-style bread crumbs
- ¼ tsp. salt
- 1 egg, beaten
- 1 tsp. lemon juice
- ½ tsp. hot pepper sauce
- Paprika for garnish

**DIRECTIONS:**

Combine rice, cheddar cheese, onions, olives, bread crumbs, salt, egg lemon juice and pepper sauce in large mixing bowl.

Shape mixture into 1-inch balls; place on well-greased baking sheet.

Bake at 375°F 10 to 15 minutes.

Serve warm.

USA Rice Federation [www.usarice.com](http://www.usarice.com)

Makes 2 dozen. Serving Size: 1. Calories 29; Total Fat 1g; Cholesterol 12mg; Sodium 62mg; Total carbohydrate 3g; Dietary Fiber < 1g; Protein 2g
Spinach Rice Cups

**INGREDIENTS:**
- 1½ c. cooked rice
- 1 10-oz. package frozen chopped spinach, well drained
- ½ c. shredded cheddar cheese
- ⅓ c. dry bread crumbs
- 2 Tbsp. dried onion flakes
- 1 tsp. onion powder
- 1½ tsp. dried parsley
- 1 tsp. turmeric
- ½ tsp. celery seed
- ¼ tsp. ground pepper
- ¼ cup grated Parmesan cheese
- 2 eggs, beaten
- ¼ cup skim milk
- 1 tsp. Dijon-style mustard

**DIRECTIONS:**
Combine rice, spinach, cheddar cheese, bread crumbs, seasonings, Parmesan cheese, eggs, milk and mustard in large mixing bowl.

Shape into 2-inch balls; press into well-greased mini muffin pan.

Bake at 375°F 15 minutes.

Serve warm.

Makes 18. Serving Size: 1. Calories 60; Total Fat 2g; Cholesterol 25mg; Sodium 130mg; Total Carbohydrate 6g; Dietary Fiber < 1g; Protein 3g
Wild Rice Appetizers

**INGREDIENTS:**
1 c. cooked wild rice
½ package (4 oz.) cream cheese
1 green onion, sliced
1 tsp. curry powder
Dash cayenne
½ c. well-drained chopped mango chutney
½ c. chopped pecans or walnuts
Chopped parsley
½ cup toasted sesame seeds

**DIRECTIONS:**
Blend wild rice into the cream cheese along with the onion, curry powder and cayenne. Blend in the chutney. Shape into balls the size of small walnuts. Roll in mixture of chopped nuts, parsley and sesame seeds. Chill until firm.

**Makes 20. Serving Size:** 1 ball. **Calories 70; Total Fat 6g; Cholesterol less than 5mg; Sodium 30mg; Total Carbohydrate 5g; Dietary Fiber < 1g; Protein 2g**
Honey Balsamic Mushrooms

**INGREDIENTS:**
- 20 cremini mushrooms, cut in quarters (medium sized)
- ¼ cup olive oil
- ¼ cup balsamic vinegar
- 1 Tbsp. honey
- ¼ tsp. dried thyme
- 1½ tsp. fresh rosemary
- ½ tsp. ground black pepper
- 1 tsp. kosher salt

**DIRECTIONS:**
Marinade—Toss all the ingredients in a large covered bowl and toss well to coat the mushrooms. Marinade 1-2 hours.

Sear mushrooms in a large heavy skillet over medium high heat. Turn often to obtain an even sear on all sides. Cover and reduce heat to medium low continue cooking for 10 minutes.

Serving suggestions: Can be used as a topping for steaks or served over a bed of rice as a side dish.

Makes 8 servings. Serving Size: 1/8 of recipe. Calories 50; Total Fat 3.5g; Cholesterol 0mg; Sodium 300mg; Total Carbohydrate 5g; Dietary Fiber 0g; Protein < 1g
Savory Brunch Rice

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Savory Brunch Rice

**INGREDIENTS:**
- 2 c. cooked rice
- ½ lb. turkey sausage
- ½ c. red pepper chopped
- ½ c. green pepper chopped
- ½ c. onion chopped
- 6 large eggs
- ½ c. skim milk
- Salt and pepper to taste
- 3 oz. white extra sharp cheddar cheese, grated

**DIRECTIONS:**
Preheat oven to 350°F; prepare 11x13-inch baking dish with cooking spray.

Cook rice according to package instructions. Brown turkey sausage in a large skillet. When done remove sausage from skillet and drain. Add peppers and onion to the skillet and sauté. When vegetables are tender crisp add sausage back and continue to cook 2 minutes.

Wisk eggs with milk, salt and pepper in a bowl. Layer rice in the bottom of the baking dish. Spoon sausage and vegetable mixture over rice. Pour egg mixture over previous two layers. Cover and refrigerate 30 minutes to allow liquid to absorb into rice. Top with grated cheese. Bake at 350°F for 25 minutes or until done – when knife inserted into center comes out clean.

*Note: Delicious served with fresh fruit on the side. This dish can be assembled to night before, covered and refrigerated and then baked prior to serving.*

**Makes 12 servings. Calories 170; Total Fat 9g; Cholesterol 115mg; Sodium 350mg; Total Carbohydrate 10g; Dietary Fiber 0g; Protein 10g**
Chicken and Sausage Jambalaya

**INGREDIENTS:**
- 2 Tbsp. unsalted butter
- ½ c. chopped white onions
- ⅓ c. chopped green bell pepper
- ½ c. chopped celery
- 1 Tbsp. minced garlic
- ½ c. chopped green onion
- 2 c. diced uncooked chicken
- 4 oz. sliced andouille sausage (or other spicy smoked sausage like chorizo)
- 2 c. fresh or canned whole tomatoes
- ½ c. tomato paste
- 1 c. low sodium chicken stock
- 1 bay leaf
- ¼ tsp. cayenne pepper
- 1 c. uncooked rice, rinsed

**DIRECTIONS:**
Preheat oven to 350°F.

In a large ovenproof saucepan or Dutch oven, over medium-high heat, melt butter. Add onion, bell pepper, celery and garlic and cook until tender. Stir in green onions, chicken and sausage; sauté for 5 minutes, then add the remaining ingredients, except the rice.

Reduce heat to low and simmer for 10 to 15 minutes. Stir in rice and cover pan. Transfer to preheated oven and cook for 45 minutes, stirring occasionally, until rice is tender.

Makes 6 servings. Calories 340; Total Fat 12g; Cholesterol 65mg; Sodium 330mg; Total Carbohydrate 36g; Dietary Fiber 3g; Protein 21g
Apple Chicken Stir Fry

**INGREDIENTS:**
- 1 lb. cubed boneless, skinless, chicken breast
- ½ c. onion, vertically sliced
- 1¾ c. (34 medium) carrots, thinly sliced
- 1½ tsp. vegetable oil
- 1 tsp. dried basil, crushed
- 1 c. fresh or frozen Chinese pea pods
- 1 Tbsp. water
- 1 medium baking apple, cored and thinly sliced
- 1 Tbsp. oil
- 2 c. cooked brown rice

**DIRECTIONS:**
Stir fry cubed chicken breast in 1 tablespoon vegetable oil in nonstick skillet until lightly browned and cooked. Remove from skillet. Stir fry onion, carrots and basil in oil in same skillet until carrots are tender. Stir in pea pods and water. Stir fry 2 minutes. Remove from heat and stir in apple. Add to chicken; serve hot over cooked rice.

Makes 4 servings. Calories 330; Total Fat 7.7g; Cholesterol 66mg; Sodium 117mg; Total Carbohydrate 30g; Dietary Fiber 5g; Protein 29g
Black Bean and Rice Botana

**Ingredients:**
- 2 c. brown rice
- 3 small onions
- 1 medium green bell pepper
- 1 small clove garlic, minced
- 4 oz. low-fat Monterey Jack cheese
- 3 (15½-ounce) cans black beans, low sodium
- 1 tsp. dried oregano
- 1 tsp. ground cumin
- 1 tsp. chili powder
- 2 Tbsp. olive oil
- 1 (28-oz.) can diced tomatoes with peppers, no salt added
- Nonstick cooking spray

**Optional Ingredients:** 1 medium avocado, 2–3 Tbsp. fresh cilantro, ½ c. nonfat or low-fat plain sour cream. Optional ingredients not included in nutrition analysis.

**Directions:**
Preheat oven to 350°F. Cook rice following package directions. Set aside.

While rice cooks, prepare rest of dish. Peel, rinse and dice onions. Rinse and dice bell pepper. Peel and finely chop garlic. If using avocado, peel it, remove pit, and slice. Rinse and chop fresh cilantro. Grate cheese. In a colander, rinse and drain canned beans.

In a medium pot over medium-high heat, heat oil. Add onions, garlic, and bell pepper. Cook, stirring frequently, until veggies are soft and just starting to brown. Add spices. Stir to toast, about 30 seconds. Add drained beans and canned tomatoes with peppers in their juices. Simmer mixture on low until thickened, about 15 minutes.

Coat 9x13 baking dish with nonstick cooking spray. Spread cooked rice on bottom of baking dish. Cover rice with bean mixture and sprinkle cheese on top. Bake for 20–25 minutes, or until cheese is melted and botana is heated through. If using, top with cilantro, avocado slices, and a dollop of sour cream.

**Makes 8 servings. Calories 320; Total Fat 8g; Cholesterol 10mg; Sodium 730mg; Total Carbohydrate 48g; Dietary Fiber 14g; Protein 17g**
Smoking Shrimp Creole

**INGREDIENTS:**
- 1 tsp. olive oil
- ¾ c. chopped onion
- 1 small green bell pepper, seeded and chopped
- 1 small celery rib, thinly sliced
- 2 tsp. finely chopped garlic
- 1 can (14-oz.) crushed tomatoes
- 2 bay leaves
- 1 tsp. ground paprika
- ⅛-¼ tsp. ground chipotle chili
- ¼ lb. small or medium shrimp, shelled
- Salt and freshly ground black pepper
- 2 c. cooked brown rice

**DIRECTIONS:**
Heat the oil in a medium skillet over medium high heat. Sauté the onion, pepper, celery and garlic until the onion is translucent, 4 to 5 minutes. Add the tomatoes, bay leaves, paprika, and chipotle chili. Simmer the sauce, covered, until it is thick, 15 to 20 minutes, stirring it two or three times. Add the shrimp and cook, uncovered, until they are pink and firm, 5 to 7 minutes, depending on their size. Season to taste with salt and pepper. Serve over cooked brown rice.

*Note: Nutrition information does not include optional salt and pepper.*

Makes 4 servings. Calories 261; Total fat 4g; Cholesterol 129mg; Sodium 269mg; Total Carbohydrate 35g; Dietary Fiber 5g; Protein 22g

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Stuffed Acorn Squash with Sausage and Rice

**Ingredients:**
- 2 acorn squash, halved and seeded
- 1 Tbsp. (15 mL) olive oil
- ½ lb. (225g) turkey sausage, casing removed
- 1 onion, finely chopped
- 1 red pepper, finely chopped
- 1 c. (250 mL) cooked brown rice
- 2 c. (500 mL) low sodium chicken broth
- ¼ c. (50 mL) fresh chopped parsley
- 2 oz. (60 g) crumbled goat cheese

**Directions:**
Heat oven to 400°F (200°C). Rub cut squash all over with oil—including the skin—and place cut side down on a parchment-lined rimmed baking sheet. Bake in oven until tender while preparing filling, about 30 minutes. Remove from oven and cool slightly before turning over.

In deep skillet, brown sausage meat, breaking meat into small pieces with the back of a wooden spoon. Transfer to plate. Add onion and red pepper to the skillet and cook until onion is tender and browned, about 7 minutes. Stir in rice and cook until rice is coated, about 2 minutes. Stir in broth, scraping any brown bits from the bottom of the pan. Bring to boil, reduce heat to low, cover and simmer until most of the liquid has been absorbed, about 45 minutes. Stir in sausage, parsley and crumbled goat cheese and divide rice mixture evenly over the squash, packing slightly.

Return to oven until heated through, about 15 minutes. Serve with a crisp green salad.

*Note: Recipe analyzed using reduced fat turkey sausage links.*

Makes 4 servings. Calories 320; Total Fat 12g; Cholesterol 45mg; Sodium 790mg; Total Carbohydrate 37g; Dietary Fiber 6g; Protein 19g
**Enchilada Rice**

**Ingredients:**
- 1 lb. (16 oz.) ground beef, extra lean
- ½ c. onion, chopped
- 1 can (14-oz.) corn, rinsed and drained
- 2 Tbsp. dry taco seasoning, low sodium
- 2 c. brown rice, cooked
- ½ c. cheese, low fat, shredded
- 1 c. mushrooms, sliced
- ½ c. black beans, low sodium, drained and rinsed

**Directions:**
Cook meat and onion until juices are clear. Drain juice from onion and meat mixture. Add corn, beans, mushrooms, taco seasoning and rice. Simmer for 10 minutes. Add shredded cheese to top. Cover and let stand for 5 minutes then serve.

*Note: Each serving provides an excellent source of vitamins B3 and B12, manganese and zinc and a good source of fiber, iron, magnesium, phosphorous and selenium.*

**Makes 6 servings. Calories 260; Total Fat 5g; Cholesterol 40mg; Sodium 500mg; Total Carbohydrate 33g; Dietary Fiber 4g; Protein 22g.**
Brown Rice and Orange Salad

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Caramelized Vidalia Onion® and Mushroom Risotto

**INGREDIENTS:**
- 1 Vidalia® onion (thinly sliced vertically)
- 2 Tbsp. olive oil, divided use
- 1 lb. shitake mushrooms, sliced
- 1 c. brown rice
- ¼ c. rice vinegar
- 2 c. low-sodium vegetable or chicken broth
- 3 c. water
- 1½ c. frozen peas
- ¼ c. reduced-fat Parmesan cheese

**DIRECTIONS:**
Heat 1 tablespoon olive oil in a 10-inch skillet over medium heat. (Do not use nonstick skillet.) Add Vidalia® onions and stir to coat with the oil. Stirring occasionally, let cook until brown (about 30 minutes). Remove onions from pan and set aside. Wipe pan clean. Heat remaining olive oil in pan and brown mushrooms (about 15 minutes).

While mushrooms and onions are browning, cook risotto as follows: Heat rice vinegar and rice in pot, stir until vinegar is absorbed. Mix broth and water together. Increase heat to medium-high; stir in 1 cup of water-broth mixture. Cook uncovered, stirring frequently, until liquid is absorbed. Continue stirring and add remaining water-broth mixture, 1 cup at a time, allowing each cup to be absorbed before adding another. Add peas to rice with last cup of liquid. Cook until rice is tender and mixture has a creamy consistency, approximately 1 hour. Gently stir in caramelized Vidalia® onions, mushrooms and cheese. Let sit about 5 minutes and serve.

**Makes 4 servings. Calories 380; Total Fat 10g; Cholesterol 5.5mg; Sodium 270mg; Total Carbohydrate 58g; Dietary Fiber 6g; Protein 12g**
Squash Casserole

**Ingredients:**
- 3 c. boiled squash, mashed
- 2 c. cooked rice
- 1 onion, chopped
- 2 Tbsp. butter
- 1 c. shredded reduced fat cheddar cheese
- 1 can fat free/low sodium cream of chicken soup
- Salt and pepper to taste

**Directions:**
Preheat oven to 350°F. Sauté onion in butter after onion is tender, then mix all ingredients together and bake in 2-quart casserole dish until bubbly. This may be divided and frozen.

Makes 12 servings. Calories 110; Total Fat 4.5g; Cholesterol 10mg; Sodium 440mg; Total Carbohydrate 14g; Dietary Fiber < 1g; Protein 4g
Tomatoes Greco

**Ingredients:**
- 8 large tomatoes
- 3 c. cooked rice, hot
- ½ c. chopped red onion
- ½ c. crumbled feta cheese
- 1½ tsp. dried oregano
- 1 tsp. salt
- ½ c. olive oil
- Garnish: chopped fresh parsley

**Directions:**
Remove tops of tomatoes and scoop out insides; drain upside-down on paper towels. In large bowl, combine hot rice, onion, cheese, oregano and salt. Spoon rice mixture into tomatoes, drizzle with oil and place in a 9x13 baking dish. Bake in 425°F oven until heated throughout, about 20 minutes. Sprinkle with parsley and serve.

*Note: To reduce sodium in this recipe, use ½ teaspoon of salt instead of 1 teaspoon.*

**Makes 8 servings. Serving Size: 1 tomato. Calories 220; Total Fat 12g; Cholesterol 10mg; Sodium 600mg; Total Carbohydrate 25g; Dietary Fiber 3g; Protein 5g**
Rice Summer Salad

**Ingredients:**
- 4 c. cooked brown rice
- ½ c. rice vinegar
- ¼ tsp. mustard powder
- 2 stalks celery, chopped
- 1 large tomato, chopped
- 6 green onions, finely chopped
- 1 tsp. tarragon
- 1 small zucchini, chopped
- 1-5 Tbsp. diced pimiento
- 1 c. cooked green peas
- ¼ c. chopped parsley

**Directions:**
Mix all ingredients together in a large bowl.

Serve by placing on fresh spinach or lettuce leaves and garnished with tomatoes and/or watercress.

Preparation time is 30 minutes plus two hours to chill.

*Makes 12 Servings. Calories 90; Total Fat 0.5g; Cholesterol 0mg; Sodium 55mg; Total Carbohydrate 19g; Dietary Fiber 3g; Protein 3g*
Brown Rice and Orange Salad

**INGREDIENTS:**

- 1 c. brown rice
- 4 small clementines, or 1 c. mandarin oranges, canned in juice
- 3 green onions
- 1 large lemon
- 1 c. sliced almonds
- 1 c. frozen shelled edamame
- 1 c. dried cranberries
- 1 Tbsp. honey
- 1/8 tsp. ground black pepper
- 1/4 c. olive oil
- 1/2 c. feta cheese—optional

**DIRECTIONS:**

Cook rice following package instructions. Remove from heat. Let stand covered for 10 minutes. Scoop out into a large bowl to cool. While rice is cooking, prepare rest of salad.

Peel clementines and tear into segments. Or, if using canned oranges, rinse and drain. Rinse and chop green onions. Rinse lemon and cut in half. In a small bowl, squeeze juice from both halves. Discard seeds.

On a baking sheet, spread sliced almonds. Bake at 350°F until golden brown, about 8-10 minutes. Watch closely so they do not burn.

Fill a small pot with about 2 inches of water. Bring to a boil. Add edamame. Cook for 3 minutes, or until tender. Drain and set aside. Add clementines or mandarin oranges, edamame, green onions, almonds and dried cranberries to bowl with rice. Mix together.

In a second small bowl, use a fork to whisk together lemon juice, honey, and ground black pepper. While still whisking, slowly drizzle in the oil until a dressing forms. Pour the dressing over the salad. Mix well. Let salad rest at room temperature for 10 minutes so flavors can combine. If using, top with crumbled feta cheese.

Makes 12 servings. Calories 190; Total Fat 10g; Cholesterol 0mg; Sodium 15mg; Total Carbohydrate 24g; Dietary Fiber 3g; Protein 5g
Chinese Veggies and Rice

**INGREDIENTS:**
- 1 c. brown rice
- ½ lb. broccoli
- 2 medium celery stalks
- 1 medium carrot
- 1 small jalapeño or other chili pepper
- 1 c. mince garlic
- 6 oz. boneless chicken pieces or firm tofu
- ¼ c. low-sodium soy sauce
- 1 Tbsp. brown sugar
- 1 Tbsp. cornstarch
- 2 Tbsp. canola oil
- ½ tsp. ground ginger

**DIRECTIONS:**
Cook rice following package directions. Set aside. Cover to keep warm. While rice is cooking, make veggie mixture. Rinse and chop broccoli and celery. Peel, rinse, and chop carrots. Rinse and mince jalapeño. Peel and finely chop garlic.

If using chicken, remove any skin. Cut chicken into small pieces.

In a small bowl, stir together soy sauce, brown sugar, and cornstarch. Add 1 teaspoon of the minced jalapeño. Stir.

In a medium skillet over medium-high heat, heat oil. Add ground ginger and stir. Add chicken or tofu. Cook, stirring occasionally, until slightly browned and starting to cook through, about 2 minutes.

Add chopped veggies. Stir frequently. Cook until veggies are tender and chicken is completely cooked but not dry, about 5-7 minutes. Add soy sauce mixture. Bring to a boil. Reduce heat. Simmer until sauce is slightly thickened, about 2 minutes. Serve over warm brown rice.

**Makes 4 servings.** Calories 330; Total Fat 9g; Cholesterol 20mg; Sodium 490mg; Total Carbohydrate 50g; Dietary Fiber 4g; Protein 13g
Sweet Potatoes with Brown Rice Casserole

**INGREDIENTS:**
- 1 lb. cubed cooked sweet potatoes
- 1 medium orange, juiced
- ¼ c. water
- 2 c. cooked brown rice
- ½ tsp. pumpkin pie spice
- 1 large orange, thinly sliced
- ⅓ c. chopped pecans, lightly toasted
- ½ c. light brown sugar, firmly packed
- ¼ c. melted butter or margarine

**DIRECTIONS:**
Preheat oven to 400°F.

In a large bowl combine sweet potatoes, juice from 1 medium orange, water, cooked brown rice and pumpkin pie spice (add additional 2-3 tablespoons water if the mixture seems dry).

Pour the mixture into a greased 2-quart baking dish. Sprinkle evenly with the chopped pecans. Layer the orange slices on top of the pecans. Sprinkle the orange slices evenly with the brown sugar.

Pour the melted butter evenly on the brown sugar. Bake at 400°F for 40 minutes until browned on top. Serve warm.

Makes 12 servings. Calories 170; Total Fat 6g; Cholesterol 10mg; Sodium 140mg; Total Carbohydrates 27g; Dietary Fiber 3g; Protein 2g
Greek Lemon-Rice Pudding
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Greek Lemon-Rice Pudding

**INGREDIENTS:**

- 1 c. uncooked white rice
- 1 Tbsp. butter
- ¼ tsp. salt
- 2 eggs, well beaten
- ¼ c. brown sugar
- ¼ tsp. grated lemon rind
- 2 Tbsp. lemon juice
- ½ tsp. vanilla
- Cinnamon

**DIRECTIONS:**

Combine 1 2/3 cups water with rice, butter and salt in a small saucepan. Bring to a boil and lower the heat to a mild simmer. Cover and cook until rice is tender, approximately 20 minutes.

Remove from stove and beat in the eggs. Continue to beat 1-2 minutes. Stir in sugar, lemon juice and peel, and vanilla.

Transfer to a serving bowl. Sprinkle top generously with cinnamon.

Cool to room temperature. Cover tightly and refrigerate until cold.

Makes 4 servings. Calories 300; Total Fat 6g; Cholesterol 100mg; Sodium 190mg; Total Carbohydrate 54g; Dietary Fiber < 1 g; Protein 6g
Dessert Fried Rice

**INGREDIENTS:**
- 1 Tbsp. olive oil
- 2 c. brown rice, cooked
- 1 ripe banana, sliced
- ¼ c. toasted pecans
- 3 Tbsp. chopped dates
- 1 c. light coconut milk
- 2 Tbsp. brown sugar
- 1 Tbsp. butter
- ½ tsp. salt
- ½ tsp. curry powder
- 1½ Tbsp. lime juice
- Tangerine segments
- 1 Tbsp. toasted, unsweetened coconut flakes

**DIRECTIONS:**
Heat 1 tablespoon olive oil in a sauté pan over medium heat. Add 2 cups cooked brown rice, 1 sliced, ripe banana, ¼ cup toasted pecans, and 3 tablespoons chopped dates. Cook, stirring, for 2-3 minutes. Add 1 cup light coconut milk, 2 tablespoons brown sugar, 1 tablespoon butter, ½ teaspoon salt, and ½ teaspoon curry powder. Stir well; cook 1-2 minutes. Remove from heat, stir in 1½ tablespoons lime juice and divide the mixture among four bowls. Top with tangerine segments and 1 tablespoon toasted, unsweetened coconut flakes.

***Makes 4 servings.*** Calories 330; Total Fat 16g; Cholesterol 10mg; Sodium 300mg; Total Carbohydrate 45g; Dietary Fiber 4g; Protein 4g
Creamy Coconut Milk Rice Pudding

**INGREDIENTS:**

- 3 c. water
- 1½ c. basmati rice
- 3 c. coconut milk
- 1¼ c. sugar
- ½ tsp. salt
- 1 c. skim milk
- 2 eggs, beaten
- 1 Tbsp. unsalted butter
- 1 Tbsp. vanilla extract
- 2 tsp. ground cinnamon
- 1 tsp. ground nutmeg

**DIRECTIONS:**

Bring water and rice to a boil in a saucepan. Reduce heat to medium-low, cover and simmer until the rice is tender and liquid has been absorbed, about 20 minutes.

Combine rice, coconut milk, sugar and salt in a large saucepan; bring to a boil. Reduce heat and simmer until pudding is thick and creamy, 18 to 20 minutes. Stir milk and eggs into pudding, stirring constantly to keep pudding from sticking, at least 2 minutes.

Remove pudding from heat and stir butter, vanilla, cinnamon, and nutmeg into pudding until thoroughly mixed.

**Makes 16 servings. Calories 250; Total Fat 12g; Cholesterol 25mg; Sodium 95mg; Total Carbohydrate 34g; Dietary Fiber 2g; Protein 4g**
Crispy Brown Rice Treats

**Ingredients:**
- 6 c. brown rice crisps cereal
- 1 c. raisins
- 2/3 c. creamy peanut butter
- 2/3 c. honey
- 1 tsp. pure vanilla extract
- 1/2 tsp. ground cinnamon
- 1/2 tsp. salt
- 1/2 c. flaxseed meal

**Directions:**
In a small pot, cook peanut butter, honey, vanilla, salt and cinnamon over medium-low heat, stirring constantly, until well combined and hot throughout, 3 to 4 minutes. In a large bowl, toss together cereal, raisins and flaxseed meal, and then spoon hot honey mixture over the top. Stir and fold together gently, and then transfer to a 9x13-inch dish. Use damp fingers to pat down evenly and very firmly, and then press down with the heel of your hand to pack the cereal mixture as much as possible. Set aside at room temperature for 1 hour, and then cut into rectangles or squares. (Store for up to 5 days in an airtight container at room temperature.)

Makes 24 servings. Calories 130; Total Fat 5g; Cholesterol 0mg; Sodium 75mg; Total Carbohydrate 21g; Dietary Fiber 2g; Protein 3g
Madeleines

**INGREDIENTS:**
Vegetable cooking spray  
1 c. whole blanched almonds, lightly toasted  
¾ c. flaked coconut  
1¼ c. sugar  
3 c. cooked rice, chilled  
3 egg whites  
Fresh fruit (optional)

**DIRECTIONS:**
Preheat oven to 350°F. Coat a madeleine pan or muffin tin with cooking spray.

Chop almonds in food processor until finely ground. Add coconut and sugar; process until coconut is finely minced. Add rice; pulse to blend. Add egg whites; pulse to blend. Spoon mixture evenly into pans, filling to top.

Bake for 25 to 30 minutes or until lightly browned. Cool completely in pans on wire rack. Run a sharp knife around each madeleine shell, and gently remove from pan. Cover and refrigerate 2 hours or until serving time.

Serve with fresh fruit.

Makes 32 cookies. Serving Size: 1 cookie. Calories 90; Total Fat 3g; Cholesterol 0mg; Sodium 65mg; Total Carbohydrate 14g; Dietary Fiber <1g; Protein 2g
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