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BBQ Rice

**Ingredients:**
- 1 ½ c. uncooked Producers Par-Excellence Rice
- 2 ½ c. water
- 1 tsp. salt
- 6 Tbsp. butter
- 1 c. finely chopped celery
- ½ c. chopped onion
- Liquid smoke to taste
- (probably 2 Tbsp. or more)
- 1 c. chicken broth
- 1 can cream of chicken soup
- Salt & pepper

**Directions:**
Bring water, rice and salt to a boil. Turn heat on low and cover with a lid. Cook for 30 minutes. Preheat oven to 350 degrees. Cook onion and celery in butter until tender. Add chicken broth and heat until hot. Add cream of chicken soup and liquid smoke to liquid mixture stir until well blended. Pour soup mixture over rice and stir until well blended. Add salt and pepper to taste. Spray a 9 x 9 pan with nonstick cooking spray. Pour rice mixture into pan and bake uncovered for 30-35 minutes.

Makes 6 servings. Calories 240;
Total Fat 17g; Cholesterol 40mg; Sodium 1380mg;
Total Carbohydrate 18g; Protein 5g

—Vicki Baker, Producers Employee
Chicken Pilaf

**Ingredients:**
- 1 Tbsp. Canola oil
- 2 garlic cloves, crushed or minced
- 3 Tbsp. finely chopped onions
- 1 tsp. cumin seeds
- 5 pieces whole cloves
- 1-inch piece cinnamon stick
- 1 bay leaf
- 3 c. cooked Della Brown Basmati Rice (made according to package directions and still warm)
- ½ c. frozen green peas
- 1 c. diced cooked chicken
- Salt and pepper to taste

**Directions:**
Heat the oil in a medium sauté pan over medium high heat. Add the garlic, cumin seeds, onion, cloves, bay leaf and cinnamon stick. Sauté, stirring constantly for 1-2 minutes or until the garlic and onion have started to brown and the cumin seeds have started to pop. Add the frozen peas and the cooked chicken; continue to sauté for 2 minutes, stirring constantly. When the peas and chicken are heated through, stir in the cooked rice and season to taste.

Makes 6 servings. Calories 440;
Total Fat 7g; Cholesterol 35mg; Sodium 430mg;
Total Carbohydrate 79g; Protein 18g
Cooking white rice:

One cup of uncooked rice equals 3 cups of cooked rice, or four servings.

Bring 2 cups of water and 1 teaspoon of salt to boil. Add 1 cup of uncooked rice; stir once or twice and return to boil. Reduce heat; cover and simmer. Cook about 20 minutes without removing lid or stirring, or until liquid is absorbed and rice is tender. If rice is not quite tender or liquid is not absorbed, replace lid and cook 2 to 4 minutes longer. Fluff with fork. See page 11 for tips on cooking the perfect rice!

Tip: Cook rice in beef or chicken broth instead of water. Cooked rice can be mixed with a variety of things – sliced mushrooms, sautéed onions, crumbled pieces of bacon, slivered almonds or grated cheese.
Cilantro-Lime Rice

INGREDIENTS:

- ¼ c. yellow onions, small-diced
- ⅛ c. green chilies, canned, chopped
- 1 Tbsp. butter, regular, unsalted
- 2 c. water
- 2 c. chicken broth, low sodium
- 2 c. converted long-grain rice

- 1 tsp. Kosher salt
- ¼ c. fresh corn kernels (can substitute frozen)
- 2 limes - 1 cut in half, 1 sliced in wedges for garnish
- ⅛ c. fresh cilantro, chopped (save stems for bouquet)
- Dash of cumin

DIRECTIONS:

Melt butter in a small skillet. Cook onions over medium-low heat until translucent, about 8-10 minutes. Add green chilies and cook until heated through. Prepare a bouquet of cilantro by tying leftover stems together with kitchen twine – this will help infuse cilantro flavor into the water. In medium saucepan, bring water, broth, salt and bouquet to boil. Once it begins to boil, remove bouquet. Add rice, corn, onion and chilies to boiling water/broth. Squeeze lime halves into pan, and drop one half lime into the pan. Stir well, and return to a boil. Once mixture begins to boil, reduce heat and simmer covered for 20 minutes. Once rice is cooked thoroughly, fluff with fork and remove lime. Add fresh cilantro and cumin, stir. Serve rice as side dish, garnish with lime wedge.

MAKES 6 servings. Calories 120; Total Fat 3g; Cholesterol <5mg; Sodium 440mg; Total Carbohydrate 21g; Protein 4g

—Heather Gibson, 2013 Arkansas Rice Expo Recipe Contest Winner
Crock Pot Rice Dressing

**INGREDIENTS:**

- 2 c. cooked brown rice
- 1 1/2 c. low-sodium chicken broth
- 4 slices day-old whole wheat bread
- 1 1/2 c. chopped cooked chicken
- 1 (10 3/4 oz.) Healthy Choice Cream of Chicken Soup
- 1 tsp. sage

- 1/4 tsp. pepper
- 1/4 tsp. dill seed
- 1/2 tsp. celery seed
- 1 tsp. dried minced onion
- 2 eggs
- 2 Tbsp. butter

**DIRECTIONS:**

Spray crock pot with canola oil. Add all the above ingredients, reserving the butter. Mix and top with 2 tablespoons of the reserved butter and place lid on crock pot. Set on low and cook for 3 hours.

Makes 6 servings. Calories 370; Total Fat 15g; Cholesterol 150mg; Sodium 780mg; Total Carbohydrate 31g; Protein 29g

—Jenna Martin, 2013 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.
Southwest Salsa Rice Bites
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Southwest Salsa Rice Bites

**Ingredients:**
- 3 c. cooked brown rice, cooled
- 1 cup shredded pepper jack cheese
- 4 eggs
- 1 (16-oz.) jar medium (or hot) thick and chunky-style salsa
- ½ c. sour cream
- ½ tsp. salt
- ½ tsp. pepper
- ¾ c. crushed corn or tortilla chips
- Additional salsa and sour cream for garnish (optional)

**Directions:**
Preheat oven to 350 degrees. Combine rice and cheese in large bowl; set aside. In medium bowl, beat eggs until well blended. Stir in salsa, sour cream, salt and pepper. Add salsa mixture to rice and cheese; mix well. Spray miniature muffin pans with vegetable cooking spray. Spoon approximately 1½ tablespoons rice mixture into each cup, filling to just below the rim. Sprinkle crushed chips over filling, pressing slightly with back of spoon. Bake 15 to 20 minutes, or until lightly browned. Serve warm with additional salsa and sour cream, if desired.

Makes 48 appetizers. Serving Size: 6; Calories 410; Total Fat 18g; Cholesterol 145mg; Sodium 790mg; Total Carbohydrate 47g; Protein 15g
Artichoke Rice Dip

INGREDIENTS:

- ½ c. uncooked long-grain rice
- 1 c. water
- ¼ tsp. garlic salt
- 1 (14 oz.) can artichoke hearts, drained and chopped
- 1 c. light mayonnaise or salad dressing
- 1 c. grated Parmesan cheese

- 1 c. shredded mozzarella cheese
- ¼ c. chopped water chestnuts
- ¼ c. chopped roasted red bell peppers
- 2 Tbsp. canned diced green chilies
- ⅛ tsp. onion powder

- Paprika

- Toasted baguette slices, toasted pita wedges or crackers

DIRECTIONS:

In small saucepan, combine rice, water and garlic salt. Stir lightly; bring to a rolling boil and reduce heat to simmer (low boil). Cover with tight-fitting lid and simmer 15 minutes. Remove from heat; preheat oven to 350 degrees. In large bowl, combine rice mixture, artichoke hearts, mayonnaise, Parmesan cheese, mozzarella cheese, water chestnuts, roasted red bell peppers, chilies and onion powder. Stir until well mixed. Spread in shallow 1½-quart baking dish or 9-inch pie pan. Sprinkle with paprika. Bake uncovered 25-35 minutes or until hot and bubbling. Serve with toasted baguette slices, toasted pita wedges or crackers.

Makes 6 servings. Calories 61; Total Fat 3g; Cholesterol <5mg; Sodium 141mg; Total Carbohydrate 5g; Protein 2g
Blue Cheese-Stuffed Mushrooms

**INGREDIENTS:**
- 20 large fresh mushrooms
- 2 Tbsp. butter or margarine
- \(\frac{1}{4}\) c. finely chopped red pepper
- \(\frac{1}{2}\) c. heavy cream
- \(\frac{1}{3}\) c. crumbled blue cheese
- 1\(\frac{1}{2}\) c. cooked rice
- 1 Tbsp. minced fresh basil
- 1 Tbsp. minced fresh basil (for garnish)
- \(\frac{1}{8}\) tsp. ground white pepper
- Fresh chopped basil (for garnish)

**DIRECTIONS:**
Clean mushrooms with damp paper towel. Remove stems; finely chop stems and set aside. Sauté mushroom caps in butter in skillet until almost tender; drain on paper toweling. Sauté mushroom stems and red pepper in skillet. Add cream; bring to a boil. Reduce heat and add cheese; cook until melted. Stir in rice, basil and pepper; cook until thoroughly heated. Spoon rice mixture into mushroom caps. Place mushroom caps in greased shallow baking pan. Cover and bake at 350 degrees 10 minutes or until tender. Drain on paper toweling. Garnish stuffed mushrooms with basil.

**Makes 20 mushrooms. Serving Size:** 4; **Calories 40; Total Fat 2.5g; Cholesterol 10mg; Sodium 55mg; Total Carbohydrate 3g; Dietary Fiber 0g; Protein <1 g**
Garlic & Herb Rice Spread

INGREDIENTS:
2 pkgs. (8 oz. each) cream cheese, softened
¼ cup milk
2 tsp. lemon juice
2 tsp. minced fresh garlic
¼ tsp. cracked black pepper
⅛ tsp. dried thyme leaves
¼ tsp. each: salt, dried basil leaves, dried oregano leaves, dried marjoram leaves
1½ cups coldm cooked Riceland Extra Long Grain Rice
Additional cracked black pepper, if desired
Crackers, breadsticks and/or toasted pita wedges

DIRECTIONS:
In small mixing bowl, gradually blend milk into cream cheese until smooth. Add lemon juice, garlic, pepper, salt, basil, oregano, marjoram and thyme; blend well. Stir in rice. Cover and refrigerate at least 2 hours or up to 2 days. Garnish with additional cracked black pepper, if desired. Serve with crackers, breadsticks and/or toasted pita bread wedges.

Makes 7 servings. Calories 45; Total Fat 4g; Cholesterol 10mg; Sodium 55mg; Total Carbohydrate 2g; Protein < 1g
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
- ⅛ 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 degrees 10 to 15 minutes. Serve warm.

Makes approx. 24 rice balls. Serving Size: 1; Calories 35; Total Fat 1.5g; Cholesterol 10mg; Sodium 70mg; Total Carbohydrate 4g; Protein 1g
Tuna Rice Savories

**Ingredients:**
- 1½ c. warm, cooked rice
- 1 (6 or 7-oz) can water-packed tuna, drained and flaked
- ½ c. (2 oz.) grated Cheddar cheese
- 2 eggs
- 2 Tbsp. minced chives
- ¼ cup chopped dill pickle
- 1 tsp. lemon juice
- 3 to 4 drops hot pepper sauce
- Salt to taste
- 1 to 1½ c. fine dry breadcrumbs
- 1 Tbsp. paprika (optional)

**Directions:**
Combine rice, tuna, cheese, eggs, chives, pickles, juice, pepper sauce and salt. Form into 1-inch balls. Roll in breadcrumbs mixed with paprika. Place on foil-lined baking sheets. Bake at 375 degrees for 20 minutes.

Makes 35-40 balls. Serving Size: 1; Calories 40; Total Fat 1.5g; Cholesterol 15mg; Sodium 65mg; Total Carbohydrate 4g; Protein 3g
**Bean & Rice Burritos**

**Ingredients:**
- 2 c. rice (cooked)
- 1 onion (small, chopped)
- 2 c. kidney beans, cooked
  or 1 (15-oz.) can, drained
- 8 flour tortillas (10 in.)
- ½ c. salsa
- ½ c. cheese (shredded)

**Directions:**
Preheat the oven to 300 degrees. Peel the onion and chop it into small pieces. Drain the liquid from the cooked (or canned) kidney beans. Mix the rice, chopped onion and beans in a bowl. Put each tortilla on a flat surface. Put ½ cup of the rice and bean mix in the middle of each tortilla. Fold the sides of the tortilla to hold the rice and beans. Put each filled tortilla (burrito) in the baking pan. Bake for 15 minutes. While the burritos are baking, grate ½ cup cheese. Pour the salsa over the baked burritos. Add cheese. Cut each burrito into fourths and serve warm.

Makes 8 servings. Serving Size: 4 pieces; Calories 110; Total Fat 2.5g; Cholesterol <5mg; Sodium 220mg; Total Carbohydrate 15g; Protein 5g
Edamame-Chicken Stir-Fry over Brown Rice

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Edamame-Chicken Stir-Fry over Brown Rice

**Ingredients:**
- 21 oz. of skinless, boneless chicken breast
- 3 Tbsp. of bottled hoisin sauce
- 1 Tbsp. of rice vinegar
- 1 Tbsp. of reduced-sodium soy sauce
- ¼ tsp. of crushed red pepper
- 3 tsp. of olive oil or canola oil
- 2 tsp. of grated fresh ginger
- 1 c. of bias-sliced carrots (2 medium)
- 2 c. of broccoli florets
- 1 c. of ready-to-eat fresh or frozen, thawed, shelled sweet soybeans (edamame)
- 2 c. of cooked whole-grain brown rice

**Directions:**
Cut chicken into thin bite-size strips; set aside. For sauce, in a small bowl, stir together hoisin sauce, rice vinegar, soy sauce and crushed red pepper; set aside.

Pour 2 teaspoons of the oil into a large nonstick wok or large nonstick skillet and heat over medium-high heat. Add ginger; cook and stir for 15 seconds. Add carrots and stir-fry for 1 minute. Add broccoli and edamame and stir-fry 4 to 5 minutes more or until vegetables are crisp-tender. Remove vegetables from wok. Add remaining 1 teaspoon oil to the wok. Add chicken strips and stir-fry for 2 to 4 minutes or until chicken is no longer pink. Return vegetables to the wok. Add sauce to chicken mixture, tossing to coat. Heat through. Meanwhile, heat rice according to package directions. Serve chicken mixture over rice.

Makes 6 Servings. Calories 210; Total Fat 6g; Cholesterol 35mg; Sodium 250mg; Total Carbohydrate 26g; Dietary Fiber 4g; Protein 16g
Sausage & Apricot Balsamic Rice

**Ingredients:**
- 1 (12-oz.) package sage-flavored pork sausage
- ½ c. maple syrup
- 6 Tbsp. balsamic vinegar
- 3 c. cooked long-grain rice
- ⅛ c. chopped dried apricots
- 1 c. coarsely chopped roasted, salted cashew nuts
- ¼ tsp. salt
- ¼ tsp. ground black pepper

**Directions:**
Crumble sausage into a large nonstick skillet. Stirring periodically, cook over medium heat until browned, about 10 to 15 minutes. Drain grease from pan. Add maple syrup and vinegar; stir and cook 2 to 3 minutes to blend. Add rice, apricots, cashews, salt and pepper; stir over medium heat until blended. Serve warm.

Makes 8 servings. Calories 420; Total Fat 25g; Cholesterol 35mg; Sodium 570mg; Total Carbohydrate 39g; Dietary Fiber 2g; Protein 11g
Chicken & Rice L’orange

**INGREDIENTS:**
- 1 c. uncooked rice
- 1 c. orange juice
- 1 cup water
- 1 tsp. salt
- 3 Tbsp. butter, divided
- ¼ c. sliced almonds
- 4 boneless, skinless chicken breast halves
- ¼ c. orange marmalade
- ¼ c. sliced green onions

**DIRECTIONS:**
Combine rice, orange juice, water and salt in a 2- to 3-quart saucepan. Heat to boiling; stir once or twice. Reduce heat; cover and simmer 15 minutes.

While rice is cooking, melt 1 tablespoon butter in large skillet over medium-high heat. Add almonds and cook and stir until golden, about 2 to 3 minutes. Remove almonds and set aside.

Melt remaining 2 tablespoons butter in skillet. Add chicken; cook until brown on both sides. Add orange marmalade to skillet and stir to coat chicken. To serve, spoon rice onto plate, top with chicken. Sprinkle with toasted almonds and green onions.

Makes 4 servings. Calories 320; Total Fat 12g; Cholesterol 130mg; Sodium 95mg; Total Carbohydrate 20g; Dietary Fiber 2g; Protein 35g
Chicken & Rice Enchiladas

**INGREDIENTS:**

- 1 Tbsp. vegetable oil
- ½ c. sliced celery
- ½ cup sliced fresh mushrooms
- ¼ c. sliced green onions
- ¼ c. chopped red bell pepper
- 1 (15-oz.) can tomato sauce
- ½ c. water
- 1 tsp. chili powder
- ½ tsp. garlic powder
- ½ tsp. hot pepper sauce
- 2 c. cooked rice
- Vegetable oil (optional)
- 2 c. cooked chicken breast cubes
- 12 corn tortillas
- 2 c. (8-oz.) shredded Monterey Jack cheese
- ¼ c. sliced black olives

**DIRECTIONS:**

Heat 1 Tbsp. oil in large skillet over medium-high heat until hot. Add celery, mushrooms, onions and pepper; cook and stir until tender. Stir in tomato sauce, water, chili powder, garlic powder and pepper sauce; remove from heat.

Combine rice, chicken and half of sauce mixture in large bowl; set aside. Heat ¼-in. oil in medium skillet until hot. Dip tortillas, one at a time, into oil a few seconds or until softened. Drain on paper towels.

Spoon heaping ¼ c. rice mixture in center of each tortilla; roll up and place, seam sides down, in greased shallow 3-quart glass baking dish. Pour remaining sauce over tortillas; sprinkle with cheese and olives. Bake, uncovered, at 350 degrees 25 to 30 minutes or until thoroughly heated. Garnish as desired. Serve immediately.

Makes 4 Servings. Calories 500; Total Fat 25g; Cholesterol 55mg; Sodium 750mg; Total Carbohydrate 47g; Dietary Fiber 5g; Protein 22g
Brown Rice with Sizzling Chicken & Vegetables

**Ingredients:**

3 c. hot, cooked brown rice  
3 Tbsp. low-sodium soy sauce  
¼ c. water  
1 Tbsp. honey  
1 Tbsp. cornstarch  
1½ Tbsp. canola or corn oil  
1 lb. boneless chicken breast, cut into 1-inch cubes  
2 cloves garlic, minced  
1 small white onion, cut into small wedges  
(about ⅛-in. thick)  
3 medium carrots, peeled and thinly sliced diagonally (1 c. total)  
1½ c. small broccoli florets  
1 medium red bell pepper, cut into 1-inch pieces

**Directions:**

Mix soy sauce, water, honey and cornstarch in a small bowl; set aside. Heat oil in a wok or large skillet. Add minced garlic; sauté about one minute until garlic is golden. Add chicken; cook about 5-6 minutes, then push chicken to the side. Add onions to center of skillet; cook until slightly tender and push to the side. Continue with carrots, broccoli and peppers separately, placing each in the center of pan, cooking until slightly tender and pushing to the side. Pour soy sauce mixture into center of skillet. Leaving other ingredients at the sides of the pan, stir sauce until it thickens. Mix in with vegetables and chicken. Serve immediately over cooked brown rice.

Makes 4 Servings. Calories 270; Total Fat 6g; Cholesterol 75mg; Sodium 240mg; Total Carbohydrate 30g; Dietary Fiber 3g; Protein 24g
Chicken Piquante with Rice

**INGREDIENTS:**

2 Tbsp. vegetable oil  
4 boneless skinless chicken breast halves (about 1½ lbs.)  
2 Tbsp. all-purpose flour  
1 c. chopped celery  
½ c. chopped onion  
½ c. chopped fresh parsley  
1 lb. fresh tomatoes, peeled, seeded and cut into ¼-in. cubes  
¼ to ½ tsp. ground red pepper  
1 (15-oz.) can tomato sauce  
2 c. hot, cooked rice

**DIRECTIONS:**

Heat oil in large skillet over high heat until hot. Add chicken; cook until brown on both sides. Remove from skillet; set aside.

Reduce heat to low; add flour to oil left in skillet. Stir about 15 minutes or until brown, being careful not to burn. Add celery, onion and parsley; cook and stir 3 to 5 minutes.

Return chicken to skillet; add tomatoes, pepper and tomato sauce. Cover and simmer 25 to 30 minutes or until chicken is no longer pink in center. Serve over hot rice. Garnish as desired.

Makes 4 Servings. Calories 290; Total fat 8g; Cholesterol 115mg; Sodium 70mg; Total carbohydrate 21g; Dietary fiber 3g; Protein 35g
Chicken Pot Pie

**INGREDIENTS:**

- 2 Tbsp. unsalted butter
- 1 large onion, chopped
- 2 cloves garlic, minced
- ¾ tsp. dried thyme leaves
- ½ tsp. sage
- ¼ tsp. ground black pepper
- ⅓ c. flour
- 2 (14½-oz.) cans low-sodium chicken broth
- 1 (16-oz.) package mixed frozen vegetables
- 3 c. cooked rice
- 2 c. cooked chopped skinless chicken breast
- ½ c. chopped fresh parsley
- 1½ c. baking mix*
- ¾ c. buttermilk*
- ½ c. finely chopped green onions

**DIRECTIONS:**

Heat butter in Dutch oven over medium-high heat. Add onion, garlic, thyme, sage and pepper. Cook 3-5 minutes until onion is tender. Add flour, cook and stir 1-2 minutes. Add broth, whisking 4-6 minutes or until sauce boils and thickens. Stir in vegetables; cook 5-7 minutes until tender. Add rice, chicken and parsley, stirring 2-3 minutes. Place in 2½-quart casserole.

Combine baking mix, buttermilk and green onions in medium bowl. Gently stir, just until dough comes together. Form into 9-in. long log on lightly floured surface; cut crosswise into 6½-in. rounds. Top casserole with dough, spacing evenly. Bake at 425 degrees for 20 min. until filling is bubbly and biscuits are golden brown. Serve immediately.

*1 can of store-bought biscuits can be used in place of homemade; top with green onions.

Makes 6 Servings. Calories 580; Total fat 10g; Cholesterol 100mg; Sodium 1140mg; Total carbohydrate 83g; Dietary fiber 6g; Protein 39g
Greek Rice Stuffed Tomatoes

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Greek Rice-Stuffed Tomatoes

**INGREDIENTS:**
- 8 large tomatoes
- 3 c. cooked rice
- ½ c. chopped red onion
- ½ c. crumbled feta cheese
- ½ c. chopped fresh parsley
- ½ c. vegetable oil

**DIRECTIONS:**
Remove tops of tomatoes and scoop out insides; drain on paper towels. In a large bowl, combine rice, onion, cheese, parsley and salt. Place equal amounts of rice mixture into tomatoes, drizzle with oil and place in baking pan. Bake at 425 degrees for 20 minutes.

Makes 8 Servings. Calories 260; Total fat 14g; Cholesterol 15mg; Sodium 400mg; Total carbohydrate 28g; Dietary fiber 3g; Protein 6g
Zesty Rice & Bean Salad

**INGREDIENTS:**
2 c. cooked whole-grain rice, cooled
   (microwave variety is quick and easy)
1 (15-oz.) can low-sodium mixed beans or
   pinto beans (or choose your favorite type)
1 medium tomato, chopped, with juices
½ jalapeno pepper, finely chopped
½ c. cilantro, chopped
Juice of 1 lime

**DIRECTIONS:**
Combine cooked rice with drained and rinsed beans, tomato, jalapeno, cilantro and lime juice.
Toss well and chill until ready to serve.

Makes 6 Servings. Calories 160; Total Fat 1.5g; Cholesterol <5mg; Sodium 170mg;
Total Carbohydrates 31g; Dietary Fiber 5g; Protein 7g
Lemon Rice

**INGREDIENTS:**
- 1 c. uncooked rice
- 1 tsp. margarine (optional)
- 1 clove garlic, minced
- 1 tsp. grated lemon peel
- ⅛ to ¼ tsp. ground black pepper
- 2 c. chicken broth
- 2 Tbsp. chopped fresh parsley

**DIRECTIONS:**
Combine rice, margarine, garlic, lemon peel, pepper and broth in 2- to 3-quart saucepan. Bring to a boil; stir once or twice. Reduce heat; cover and simmer 15 minutes or until rice is tender and liquid is absorbed. Stir in parsley.

Makes 6 Servings. Calories 90; Total Fat 1.5g; Cholesterol <5mg; Sodium 450mg; Total Carbohydrate 15g; Dietary Fiber 0g; Protein 3g
Magnificent Cheesy Brown Rice

**INGREDIENTS:**
- 2 c. water
- 1 c. brown rice
- ½ red bell pepper (seeded and chopped)
- ¼ red onion (chopped)
- 1 c. shredded low-fat Cheddar cheese

**DIRECTIONS:**
Bring the brown rice and water to a boil in a saucepan. Reduce the heat to medium-low, cover and simmer until the rice is tender and the liquid has been absorbed, 25 to 35 minutes.

Prepare a skillet with cooking spray and place over medium heat. Cook the bell pepper and onion until lightly browned; stir into the cooked rice. Add the Cheddar cheese and continue stirring until the cheese has melted completely.

**Makes 6 Servings. Calories 70; Total Fat 1.5g; Cholesterol <5mg; Sodium 170mg; Total Carbohydrate 9g; Dietary Fiber <1g; Protein 6g**
Broccoli Rice Casserole

**Ingredients:**
- 1½ c. rice, uncooked
- 3½ c. water
- 1 onion (medium, chopped)
- 1 (10¾ oz.) can cream of mushroom, chicken, celery or cheese soup
- 1½ c. milk (1%)
- 20 oz. broccoli or cauliflower or mixed vegetables (frozen, chopped)
- ½ lb. cheese (grated or sliced)
- 3 Tbsp. margarine (or butter)

**Directions:**
Preheat oven to 350 degrees and grease a 9x13x2 inch baking pan. In a saucepan mix rice, salt and 3 cups of water and bring to a boil. Cover and simmer for 15 min. Remove saucepan from heat and set aside for additional 15 min. Sauté onions in margarine (or butter) until tender. Mix soup, milk, ½ cup of water, onions and rice. Spoon mixture into baking pan. Thaw and drain the vegetables and then spread over the rice mixture. Spread the cheese evenly over the top and bake at 350 degrees for 25-30 minutes until cheese is melted and rice is bubbly.

Makes 12 Servings. Calories 250; Total Fat 10g; Cholesterol 25mg; Sodium 270mg; Total Carbohydrate 29g; Dietary Fiber 2g; Protein 10g
Health Nut Brown Rice

**INGREDIENTS:**
- ⅓ c. sliced almonds
- ⅓ c. sunflower kernels
- ⅓ c. julienned carrots
- ¼ tsp. red pepper flakes (optional)
- 1 Tbsp. margarine
- 3 c. cooked brown rice (cooked in chicken broth)
- 2 Tbsp. chopped fresh parsley

**DIRECTIONS:**
Cook almonds, sunflower kernels, carrots and pepper flakes in margarine in large skillet over medium-high heat until almonds are lightly browned. Add rice and parsley; stir until thoroughly heated.

**Makes 6 Servings. Calories 220; Total Fat 7g; Cholesterol <5mg; Sodium 10mg; Total Carbohydrate 19g; Dietary Fiber 3g; Protein 4g**
Eggplant Stir Fry

**INGREDIENTS:**
2 eggplant (peeled and cubed)  
1 zucchini (thinly sliced)  
1 c. green bell pepper (cut into strips)  
2 onions (sliced)  
3 Tbsp. Italian salad dressing (low fat)  
2 c. cherry tomatoes  
2 c. brown rice (cooked)

**DIRECTIONS:**
Place eggplant, zucchini, green bell pepper, onions and salad dressing into a skillet. Stir lightly to combine and cook over low heat until tender. Stir in cherry tomatoes and cook for 3-5 minutes. Serve over cooked brown rice.

**Makes 6 Servings. Calories 160; Total Fat 4g; Cholesterol <5mg; Sodium 90mg; Total Carbohydrate 29g; Dietary Fiber 8g; Protein 4g**
Chocolate Chip Banana Nut Rice Pudding
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Ambrosia

**Ingredients:**
- 2 c. cold cooked long grain rice
- 1 c. maraschino cherries, sliced
- 1 c. miniature marshmallows
- 1 c. crushed pineapple in its own juice, drained
- ½ c. chopped pecans
- ½ c. coconut
- ¼ c. fat-free dairy sour cream
- ½ c. whipped topping

**Directions:**
Combine all ingredients, adding more whipped topping if needed for consistency. Cover and refrigerate several hours. For more color, add a few drops of red food coloring to the water when cooking the rice.

**Makes 10 Servings. Calories 250; Total Fat 14g; Cholesterol <5mg; Sodium 25mg; Total Carbohydrate 31g; Dietary Fiber 2g; Protein 3g**
Tangy Lime Rice Pudding Squares

**Ingredients:**
- 2 c. gingersnap crumbs
- ½ c. butter or margarine, melted
- 3 c. cooked medium-grain rice
- 2 c. milk
- 1 (14-oz.) can sweetened condensed milk
- ½ c. fresh lime juice
- 1 c. whipping cream, whipped
- Lime peel (optional)

**Directions:**
Crust: Combine gingersnap crumbs and melted butter in medium bowl; stir until blended. Press mixture along bottom and sides of 9x13x2-inch baking dish. Bake at 350 degrees for 10 minutes.

Filling: Combine rice, milk and sweetened condensed milk in 2-quart saucepan. Cook over medium heat until thick and creamy (20 to 25 minutes), stirring frequently. Remove from heat and stir in lime juice. Pour filling into prepared crust. Chill. Spread whipped cream over pudding. Cut into bars and garnish with lime peel, if desired.

Makes 16 squares. Calories 350; Total Fat 14g; Cholesterol 30mg; Sodium 250mg; Total Carbohydrate 52g; Dietary Fiber < 1g; Protein 7g
Chocolate Chip Banana Nut Rice Pudding

**Ingredients:**
- 3 c. cooked medium-grain rice
- 2 c. milk
- 1 (14-oz.) can sweetened condensed milk
- 2 medium bananas, sliced
- ½ c. semi-sweet chocolate chips
- ½ c. chopped pecans

**Directions:**
Combine rice, milk and sweetened condensed milk in 2-quart saucepan. Cook over medium heat until thick and creamy, 20 to 25 minutes, stirring frequently. Remove from heat.
Alternate layers of bananas, chocolate chips, pecans and rice pudding in parfait glasses. Garnish with chocolate chips and pecans.

Makes 8 Servings. Calories 390; Total Fat 15g; Cholesterol 20mg; Sodium 90mg; Total Carbohydrate 59g; Dietary Fiber 3g; Protein 9g
Coconut-Date-Nut Balls

**INGREDIENTS:**
- ¾ c. flaked coconut
- ½ c. butter
- 1 (8-oz.) package dates, chopped
- ¾ c. chopped pecans
- ½ c. egg substitute
- ¾ c. SPLENDA No Calorie Sweetener, Granulated
- 3½ c. crispy rice cereal

**DIRECTIONS:**
Preheat oven to 350 degrees. Bake coconut, stirring occasionally, 5 to 6 minutes or until toasted. Set aside.
Melt butter in a large skillet over low heat. Add dates and pecans; cook over low heat, stirring constantly until dates are softened. Cool to touch (about 5 minutes).
Beat egg substitute and SPLENDA granulated sweetener for 3 minutes at medium speed with an electric mixer; add to date mixture. Cook over low heat, stirring constantly, until mixture thickens (about 3 minutes). Stir in rice cereal. Cool to touch. Shape into 1-inch balls. Roll in toasted coconut.

Makes 36 servings. Serving Size: 5 balls. Calories 110; Total Fat 7g; Cholesterol <5mg; Sodium 55mg; Total Carbohydrate 14g; Dietary Fiber <1g; Protein <1g
Creamy Cranberry Rice Pudding

**INGREDIENTS:**
- 1 (¼-oz.) envelope unflavored gelatin
- ¼ c. orange juice
- 2 c. cooked white rice
- 12 oz. evaporated skim milk
- ½ c. granulated sugar
- ½ c. dried cranberries, softened in warm water for 30 min. and drained
- 1 tsp. vanilla extract
- 1 c. frozen reduced-fat nondairy whipped topping, thawed
- Ground nutmeg

**DIRECTIONS:**
In small saucepan, sprinkle gelatin over juice; let stand 1 minute. Over low heat, stir about 2 minutes, until gelatin dissolves.

In medium saucepan, over medium heat, bring rice, milk, sugar and cranberries to a boil; remove from heat. Stir gelatin mixture and vanilla into rice mixture; cool 10 minutes.

Fold in thawed whipped topping. Chill at least 1 hour. Just before serving, sprinkle with nutmeg. Top each serving with a dollop of thawed whipped topping if desired.

**Makes 8 servings. Calories 200; Total Fat 3g; Cholesterol <5mg; Sodium 55mg; Total Carbohydrate 41g; Dietary Fiber <1g; Protein 5g**
Caramel Chocolate Rice Pudding Tarts

**Ingredients:**

| ¼ c. lightly packed dark brown sugar | 2 Tbsp. cold, cubed salted butter | 2 c. graham cracker crumbs |
| 1 tsp. cornstarch | ¼ tsp. vanilla | ½ c. butter, melted |
| Pinch salt | 1½ c. cooked long-grain white or brown rice | 5 oz. semi-sweet chocolate, melted |
| 1 c. 2% milk | ¼ c. caramel topping | Additional caramel sauce for garnish |
| 2 egg yolks, beaten | |

**Directions:**

Pudding: Combine sugar, cornstarch and salt in large microwave-safe bowl. Whisk in milk until smooth. Cook in microwave on high for 1 minute. Whisk well. Cook additional 2 minutes on high or until thickened (to the consistency of yogurt). Slowly stir beaten egg yolks into hot milk mixture. Whisk well; cook on high in microwave for 1 minute. Whisk in 2 Tbsp. butter and vanilla until smooth. Cool to room temperature. Stir in the cooked rice and caramel sauce. Chill for at least 30 minutes or until ready to assemble.

Crust: Preheat oven to 350 degrees. Line two muffin tins with paper muffin cups. In a large bowl, toss the graham cracker crumbs with ½ cup melted butter until coated. Press an equal amount of crumbs into the muffin cups. Bake for 8 minutes or until set and golden around the edges. Cool to room temperature. Drizzle an equal portion of melted chocolate over each crust base. Chill until chocolate is set. Carefully remove crusts from the liners and transfer to a serving platter. Dollop a spoonful of rice pudding onto each crust. Drizzle with additional caramel sauce to garnish.

Makes 24 servings. Serving Size: 1 tart. Calories 150; Total Fat 8g; Cholesterol 30mg; Sodium 100mg; Total Carbohydrate 18g; Dietary Fiber 1g; Protein 2g
## Creamy Rice Pudding with Coffee

**Ingredients:**
- 1 c. uncooked long-grain white rice
- 1½ cups water
- 1 qt. (4 c.) 2% milk
- 1 c. thawed whipped topping
- 2 Tbsp. instant coffee
- ½ c. sugar
- 2 Tbsp. orange zest
- ½ c. almonds, toasted

**Directions:**
Bring rice and water to boil in medium saucepan; cover. Simmer on low heat 10 to 15 min or until water has been absorbed. Stir in milk, coffee, sugar and orange zest. Bring to boil. Cook on low heat 20 min., stirring constantly. Pour into bowl; cool slightly. Refrigerate 2 hours or until chilled.

Stir in almonds, reserving a few for garnish. Top with whipped topping and reserved almonds.

**Makes 14 servings. Calories 190; Total Fat 7g; Cholesterol <5mg; Sodium 50mg; Total Carbohydrate 26g; Dietary Fiber <1g; Protein 6g**
Acknowledgments

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Arkansas Rice Facts

• Arkansas grows rice on approximately 1.5 million acres each year, accounting for approximately 49% of U.S. rice production.

• Rice is the state’s second highest value commodity and the top agricultural export. The annual Arkansas rice crop contributes more than $1.8 billion to the state’s economy and accounts for thousands of jobs.

• Recent research published in the *Journal of the American Dietetic Association* and *Nutrition Today* shows that eating enriched white and whole grain brown rice helps improve overall diet quality and potentially reduces the risk for many chronic diseases.

• In Arkansas, managed rice fields and natural wetlands provide vital resting and foraging habitat for North America’s migratory and wintering waterfowl.

source: Arkansas Rice Federation