

# Success<sup>®</sup>-ful Romance with Rice

You'll love the taste, you'll like the convenience and you'll fall for these recipes that make every meal special.

**Success<sup>®</sup> Brown Rice – the perfect dinner partner!**



## Cheesy Rice and Chive Soufflés

- |   |                               |
|---|-------------------------------|
| 1 bag <b>Success<sup>®</sup> Brown Rice</b> | 1 teaspoon salt               |
| 2 tablespoons unsalted butter, melted       | 1/2 teaspoon pepper           |
| 4 ounces cream cheese or goat cheese        | 3 eggs, separated             |
| 2 teaspoons Dijon mustard                   | 1/2 cup heavy cream           |
|   | 2 tablespoons chives, snipped |
|   | non-stick cooking spray       |

Prepare rice according to package directions. Toss with butter.

Preheat oven to 350°F.

In a food processor, combine rice, cheese, mustard, salt, pepper, egg yolks and heavy cream. Process until smooth. In a small bowl beat the egg whites until stiff, but not dry. Gently fold the egg whites and chives into the rice mixture. Coat 6 individual 1 cup baking dishes with non-stick cooking spray and fill with mixture. Bake for 25 minutes or until well risen and golden. Serve immediately. Soufflés will fall once removed from the oven. Serves 6

Calories	306	Dietary Fiber	1g	Saturated Fat	12g
Protein	7g	Cholesterol	162mg	Trans Fat	0g
Carbohydrates	25g	Fat Total	22g	Sodium	527mg

## Italian Minestrone Soup

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|---|--|
| 1 bag <b>Success<sup>®</sup> Brown Rice</b> | 3 cans (14.5 ounces each) low-fat beef broth       |
| 1 teaspoon vegetable oil                    | 1 medium potato, peeled and diced                  |
| 1 pound lean ground beef                    | 1 can (14 ounces) petite diced tomatoes            |
| 1 medium onion, chopped                     | 1 medium zucchini, sliced 1/4-inch thick           |
| 2 medium carrots, sliced 1/4-inch thick     | 1 can (15 ounces) kidney beans, drained and rinsed |
| 1/4 cup celery, chopped                     | 1 teaspoon salt                                    |
| 1 tablespoon Italian seasoning              |  |
| 1 tablespoon fresh garlic, chopped          |  |

Prepare rice according to package directions.

In a 6-quart saucepan, heat oil. Add beef and cook over medium-high heat until meat is browned. Add onion, carrots, celery, Italian seasoning and garlic. Reduce heat to medium, cook, stirring occasionally 5 minutes. Add broth, potatoes, tomatoes, and zucchini. Bring to a boil. Reduce heat and simmer until vegetables are tender, about 20 minutes. Stir in kidney beans, salt, and rice; heat about 2 minutes. Serves 8

Calories	266	Dietary Fiber	7g	Saturated Fat	1g
Protein	22g	Cholesterol	30mg	Trans Fat	0g
Carbohydrates	36g	Fat Total	4g	Sodium	486mg

## Fresh Fruit Crepés

### For Crepés:

- 1 bag **Success<sup>®</sup> Brown Rice**, divided
- 8 egg whites
- 2/3 cup evaporated skim milk
- 1 tablespoon margarine, melted
- 1/2 cup all-purpose flour
- 1 tablespoon sugar
- non-stick cooking spray

### For Filling:

- 16 ounces lemon yogurt
- 1 tablespoon lemon zest
- 1 tablespoon lemon juice
- 2-1/2 cups sliced fresh fruit or berries
- confectioner's sugar



Prepare rice according to package directions and divide in half evenly.

Beat together egg whites, milk, and melted margarine in a small bowl. Stir in flour and sugar until smooth and well blended. Stir in 1 cup cooked rice; let stand 5 minutes. Heat an 8-inch non-stick skillet and coat with non-stick cooking spray. Spoon 1/4 cup batter into pan. Lift pan off heat and quickly tilt pan in a rotating motion to coat bottom of pan evenly. Place pan back on heat and cook briefly until crepe surface is dry. Remove crepe from pan and set aside. Continue with remaining batter.

Combine lemon yogurt, lemon zest, lemon juice and remaining rice; spread each crepe with filling, top with fresh fruit. Sprinkle with confectioner's sugar. Serves 6 (2 crepes each)

*Tip: Cook crepes ahead of time and wrap tightly. Can be refrigerated for 3 days or frozen for up to 2 weeks. Reheat in microwave just until soft; add filling and serve.*

Calories	355	Dietary Fiber	3g	Saturated Fat	2g
Protein	16g	Cholesterol	9mg	Trans Fat	0g
Carbohydrates	64g	Fat Total	5g	Sodium	179mg

## Warm Chocolate Risotto

- 1 bag **Success<sup>®</sup> White, Brown or Jasmine Rice**

- 1/2 cup heavy cream
- 1/3 cup sugar



- 2 tablespoons unsalted butter
- 3 ounces semi-sweet chocolate chips

Prepare rice according to package directions.

In a medium saucepan, combine rice, cream, sugar and butter. Bring to a boil and cook for 2 minutes; remove from heat. Add chocolate chips and stir until fully melted and creamy. Serve immediately, garnished with mint leaves, if desired. Serves 4

Calories	469	Dietary Fiber	3g	Saturated Fat	15g
Protein	6g	Cholesterol	56mg	Trans Fat	0g
Carbohydrates	64g	Fat Total	24g	Sodium	14mg



**Success is in the Bag<sup>®</sup>**



## Cornish Game Hens with Apple-Walnut Rice Stuffing

- 1 bag **Success® Brown Rice**
- 2 Cornish game hens, thawed salt and pepper
- 3 tablespoons unsalted butter, divided
- 1/2 cup onion, chopped
- 2 tablespoons fresh tarragon, chopped
- 1 tablespoon fresh garlic, chopped
- 2 small Granny Smith apples, peeled, cored and chopped
- 1/2 cup walnuts, toasted and chopped
- 1/4 cup apple juice
- salt and pepper to taste, optional kitchen string

Prepare rice according to package directions.

Preheat oven to 350°F.

Rub each hen with a little salt and pepper and 2 tablespoons butter.

Melt remaining tablespoon of butter in a large skillet over medium heat. Add onion, tarragon, garlic, apples, and sauté 5 minutes. Stir in walnuts and apple juice. Salt and pepper to taste, if desired.

Fold wings behind hens back, tying if necessary and tie legs together. Fill each hen with stuffing, reserving any extra stuffing. Bake for 45-55 minutes or until internal temperature reaches 150°F. Cut strings, split hens and serve with stuffing. Serves 4

*Tips: You can substitute a whole chicken instead of the 2 smaller hens. To save time you can prepare stuffing and serve with a purchased whole roasted chicken.*

Calories	399	Dietary Fiber	5g	Saturated Fat	4g
Protein	20g	Cholesterol	72mg	Trans Fat	0g
Carbohydrates	49g	Fat Total	16g	Sodium	475mg

## Stuffed Mushrooms

- 1 bag **Success® Brown Rice**
- 40 large fresh mushrooms
- 4 tablespoons butter or margarine
- 1/2 cup red bell pepper, finely chopped
- 1 cup heavy cream
- 2/3 cup blue cheese, crumbled
- 2 tablespoons fresh basil, minced
- 1/2 teaspoon ground white pepper
- fresh basil, chopped, for garnish

Preheat oven to 350° F.

Prepare rice according to package directions.

Clean mushrooms with damp paper towel. Remove mushroom stems, finely chop stems and set aside.

Sauté mushroom caps in butter in large skillet until almost tender; drain on paper towels. Sauté mushroom stems and red bell 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 10 minutes or until tender. Drain on paper towels. Garnish stuffed mushrooms with basil. Serves 20 (2 per person)

Calories	117	Dietary Fiber	0g	Saturated Fat	4g
Protein	2g	Cholesterol	20mg	Trans Fat	0g
Carbohydrates	9g	Fat Total	8g	Sodium	101mg



Success Brown Rice is 100% Whole Grain Rice. Look for this stamp to take the guesswork out of how to get the minimum **3 daily servings of whole grains** recommended by the U.S.D.A.



For additional recipes and information, visit our web site at [www.successrice.com](http://www.successrice.com)

## Elegant Puff Pastry Salmon

- 1 bag **Success® Brown Rice**
- 1 package (10 ounces) puff pastry shells
- 2 cups water
- 1/3 cup chopped, fresh dill sprigs, plus 2 sprigs
- 1 cup dry white wine or vegetable broth
- 1 bay leaf
- 3/4 pound salmon fillet
- 1 tablespoon butter
- 3/4 cup onion, finely chopped
- 4 ounces fresh mushrooms, chopped
- 1 hard-boiled egg, peeled and coarsely chopped
- 1 teaspoon salt
- 1/2 teaspoon pepper
- 1 cup sour cream, divided
- 1 teaspoon Dijon mustard

Prepare rice according to package directions.

Preheat oven to 400°F. Bake puff pastry shells according to package directions. Reserve.

Place water, dill sprigs, wine or broth and bay leaf in a shallow skillet just large enough to hold salmon fillet. Bring to a simmer and add salmon, making sure liquid covers fish. Cook for about 10 minutes, or until salmon is just done. Remove with a slotted spoon.

Heat butter in large skillet over medium heat. Add onions and sauté for 5 minutes. Add mushrooms and continue to cook until all liquid is absorbed. Add cooked salmon, egg, salt, pepper and mix gently to break up salmon. Remove from heat and stir in 1/2 cup sour cream. Combine remaining sour cream with Dijon mustard. Spoon salmon mixture into prepared puff pastry shells and top with sour cream-Dijon sauce. Serves 6

Calories	507	Dietary Fiber	4g	Saturated Fat	8g
Protein	20g	Cholesterol	85mg	Trans Fat	0g
Carbohydrates	51g	Fat Total	25g	Sodium	591mg

## Creamy Duck Risotto

- 2 bags **Success® Brown Rice**
- 3 cups plus 1/4 cup low-sodium chicken broth, divided
- 1 teaspoon olive oil
- 1 teaspoon fresh garlic, chopped
- 3/4 pound boneless, skinless duck breast, diced
- 2 tablespoons fresh sage, chopped
- 1/2 teaspoon salt
- 1/2 teaspoon pepper
- 1 tablespoon butter
- 1/2 cup onion, finely chopped
- 1/2 cup dry white wine
- 1/4 cup heavy whipping cream

Prepare rice according to package directions using 3 cups chicken broth for water.

Heat olive oil in a large skillet over medium heat. Add garlic and sauté for 10 seconds. Add duck, sage, salt and pepper. Cook until duck is browned. Remove to a platter and keep warm. In same skillet melt the butter and sauté the onion until transparent. Add the wine, remaining chicken broth, cream and rice and bring to a boil. Boil for 2 minutes. Stir in cooked duck. Serve immediately. Serves 4

Calories	534	Dietary Fiber	4g	Saturated Fat	6g
Protein	28g	Cholesterol	94mg	Trans Fat	0g
Carbohydrates	71g	Fat Total	16g	Sodium	437mg

