

SUCCESS-FUL Fall Favorites in a Flash!

The days are shorter and time seems to go by in a flash! The holiday season is near and there's lots to do to get prepared for all the festivities, fun, and food. Even though you are busy, you still want to prepare warming and good tasting dishes. These Success® Rice recipes will help you do just that. They're our classic favorites for the season and they are especially easy to prepare!

BREAKFAST MADE EASY

- 1 bag **Success® White Rice**
- 2 cartons (8 ounces each) fruited yogurt
- 2 bananas, sliced
- 1 cup granola

Prepare rice according to package directions. Set aside to cool.

Combine cooled rice, yogurt and bananas. Sprinkle with granola. Serves 4.

Calories	471	Cholesterol.	7mg
Protein.	9g	Fat-Total	6g
Carbohydrates	74g	Saturated Fat	4g
Dietary Fiber	4g	Sodium.	148mg



RICE PANCAKES

- 1 bag **Success® White Rice**
- 2 large eggs, beaten
- pinch of salt and pepper
- 1 tablespoon reduced-calorie margarine, divided
- 1/2 cup reduced-calorie maple syrup

Prepare rice according to package directions.

In a medium bowl, combine eggs, cooked rice, salt, and pepper. Over medium heat melt margarine in skillet. Drop mixture by spoonfuls onto skillet. Cook until golden brown on each side.

Serve hot pancake syrup and additional margarine, if desired. Serves 4.

Calories	206	Cholesterol.	93mg
Protein.	5g	Fat-Total	5g
Carbohydrates	34g	Saturated Fat	1g
Dietary Fiber	0g	Sodium.	182mg

BISTRO HERBED CHICKEN & RICE

- 2 bags **Success® White Rice**
- 4 seasoned skinless, boneless chicken breast halves
- 2 cloves garlic, minced
- 2 tablespoons olive oil
- 1 can (14-1/2 ounces) Italian style stewed tomatoes
- Parmesan cheese, optional



Prepare rice according to packaging directions and set aside.

Pound seasoned chicken breasts, cover with garlic. In a medium skillet, heat olive oil over medium heat. Brown chicken for 2 minutes on each side. Add tomatoes, cover; continue to cook for 7 minutes. Serve over bed of hot rice. Garnish with Parmesan cheese, if desired. Serves 4.

Calories	602	Cholesterol.	73mg
Protein.	36g	Fat-Total	10g
Carbohydrates	90g	Saturated Fat	2g
Dietary Fiber	1g	Sodium.	263mg



Success is in the Bag®

For additional recipes and information, call **1-800-226-9522** or visit our web site at

www.successrice.com

BROWN RICE ORIENTAL STIR-FRY

- 1 bag **Success® Brown Rice**
- 2 teaspoons vegetable oil
- 1/2 pound shrimp, peeled and deveined OR
- 1/2 pound boneless, skinless chicken cut into 1-inch cubes
- 2/3 cups frozen stir-fry vegetables
- 1/2 cup stir fry sauce *

Prepare rice according to package directions and set aside.

Heat oil in a large skillet over medium heat. Cook shrimp or chicken for about 7 minutes or until done. Fold in stir-fry vegetables; continue to cook until vegetables are done. Fold in stir-fry sauce. Heat through.

Serve on a bed of rice. Serves 4

** Will be found in Oriental section of grocery store.*

Calories	296	Cholesterol.	111mg
Protein.	17g	Fat-Total	7g
Carbohydrates	43g	Saturated Fat	1g
Dietary Fiber	3g	Sodium.	503mg



BARBECUE TEX MEX

- 1 bag **Success® White Rice**
- 1/2 pound smoked turkey sausage, sliced in 1/2-inch slices
- 1 can (16 ounces) red beans or pinto beans, rinsed and drained
- 1/2 cup prepared hickory-smoked barbecue sauce

Prepare rice according to package directions.

Brown sausage in a large skillet over medium-high heat. Drain and return sausage to skillet. Stir in cooked rice, beans, and barbeque sauce. Cook until thoroughly heated, about 2 to 3 minutes. Serves 4.

Calories	457	Cholesterol.	38mg
Protein.	22g	Fat-Total	9g
Carbohydrates	73g	Saturated Fat	3g
Dietary Fiber	10g	Sodium.	691mg

HOMESTYLE CHICKEN AND RICE SOUP

- 1 bag **Success® Brown Rice**
- 1 teaspoon vegetable oil
- 1 teaspoon garlic, chopped
- 1 pound chicken breast, diced
- 2 cans (15 ounces, each) chicken stock
- 1/2 cup carrots, diced
- 1/2 cup frozen peas, thawed

Prepare rice according to package directions.

Heat oil in a medium saucepan over medium heat. Add garlic and sauté 30 seconds. Add chicken and sauté 5 minutes. Add chicken stock and bring to a boil. Reduce heat to low, add carrots and peas and simmer for 10 minutes. Stir in cooked rice.

Tips: Substitute 2 cups cooked, diced chicken and 1 cup frozen peas and carrot blend. Serves 4.

Calories 280	Cholesterol 53mg
Protein 26g	Fat-Total 3g
Carbohydrates 37g	Saturated Fat 0g
Dietary Fiber 3g	Sodium 90mg

CHICKEN RICE AND CHEESE CASSEROLE

- 1 bag **Success® White Rice**
- 2 cups chicken, cooked and cubed
- 1 can (10-3/4 ounces) cream of broccoli soup
- 1 cup light cheddar cheese, shredded

Prepare rice according to package directions.

In mixing bowl, combine rice, chicken, soup, and cheese and stir.

Pour mixture into microwave-safe dish and smooth to an even layer. Microwave on HIGH for 5-7 minutes or until cheese is melted and bubbly.

Carefully remove from microwave. Serves 6 to 8.

Calories 247	Cholesterol 50mg
Protein 20g	Fat-Total 7g
Carbohydrates 24g	Saturated Fat 4g
Dietary Fiber 0g	Sodium 157mg

EASY JALAPENO RICE CORNBREAD

- 1 bag **Success® White or Brown Rice** non-stick cooking spray
- 1 package (8-1/2 ounces) corn bread mix
- 1 jalapeño, minced, optional

Preheat oven to 400° F.

Prepare rice according to package directions.

Coat an 8-inch x 8-inch baking pan with non-stick spray. Mix cornbread according to package directions. Stir in rice and jalapeño, if desired. Pour batter into prepared pan. Bake 20-25 minutes. Serves 8.

Calories 169	Cholesterol 28mg
Protein 5g	Fat-Total 4g
Carbohydrates 30g	Saturated Fat 1g
Dietary Fiber 1g	Sodium 388mg

APPLE CINNAMON RICE CRISP

- 1 bag **Success® White or Brown Rice** Non-stick cooking spray
- 1 can (20 ounces) apple pie filling
- 1 cup brown sugar, divided
- 1 teaspoon cinnamon
- 1/2 cup raisins

- 1/2 cup walnuts, chopped
- 1-1/2 cups uncooked rolled oats
- 2 tablespoons margarine

Prepare rice according to package directions

Preheat oven to 350° F.

Spray a 2-quart baking dish with non-stick cooking spray. In a medium bowl, combine rice, pie filling, 1/2 cup brown sugar, cinnamon, raisins and walnuts. Pour into prepared dish. In same bowl combine remaining brown sugar and rolled oats. Blend in margarine, mixing well until mixture is moist. Sprinkle over rice mixture. Bake 20 minutes. Serves 8.

Calories 395	Cholesterol 0mg
Protein 5g	Fat-Total 8g
Carbohydrates 79g	Saturated Fat 1g
Dietary Fiber 4g	Sodium 74mg

ONE BOWL MEAL

- 1 bag **Success® White or Brown Rice**
- 1 cup mild cheddar cheese, shredded
- 1 cup cubed chicken*
- 1 cup frozen green peas, cooked

Preheat oven to 350° F.

Prepare rice according to package directions.

Place chicken and cooked rice into a large mixing bowl and add cheese, chicken, and peas. Stir to mix well. Place mixture into a microwave-safe dish and smooth to an even layer. Microwave on HIGH 1 minute. Stir mixture and microwave 30 seconds longer or until heated through. Stir again and serve. Serves 4.

*Any type of cooked, diced meat can be substituted for the chicken. The nutritionals are calculated using chicken.

Calories 322	Cholesterol 78mg
Protein 28g	Fat-Total 12g
Carbohydrates 24g	Saturated Fat 7g
Dietary Fiber 3g	Sodium 221mg

TUTTI FRUITI RICE CREAM

- 1 bag **Success® White Rice**
- 1 can (15 ounces) tropical fruit salad, drained
- 2 cups miniature marshmallows
- 1/4 cup sugar
- 1-1/2 cups Cool Whip® cinnamon, optional

Cook rice according to package directions. Cool.

Combine cooled rice with remaining ingredients. Toss. Chill. Sprinkle with cinnamon, if desired. Serves 4.

Calories 438	Cholesterol 0mg
Protein 4g	Fat-Total 0g
Carbohydrates 105g	Saturated Fat 0g
Dietary Fiber 1g	Sodium 44mg



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