

# Holiday Traditions

WITH  
**Success**



## BEET SPINACH AND RICE SALAD

- 1 bag **Success® Brown or White Rice**
- 1/3 cup vinaigrette dressing
- 4 cups baby spinach, watercress or arugula, rinsed well and coarse stems removed
- 1 can (15 ounces) beets, rinsed and drained
- 2 ounces blue cheese, crumbled
- 1/4 cup walnuts, toasted and chopped

Prepare rice according to package directions.

In a large bowl, toss rice, vinaigrette and spinach. Arrange on a serving platter and top with beets, blue cheese and walnuts. Serves 4.

Calories	297	Dietary Fiber	4g	Saturated Fat	5g
Protein	9g	Cholesterol	13mg	Sodium	556mg
Carbohydrates	28g	Total Fat	20g		



## CARROT-GINGER SOUP WITH LIME AND CHILI

- 1 cup **Success® Brown, White or Jasmine Rice**
- 2 teaspoons vegetable oil
- 1 medium onion, chopped
- 2 cloves garlic, chopped
- 1 tablespoon ginger, grated
- 1 serrano pepper, seeded and chopped
- 8 ounces baby carrots
- 3 cups vegetable stock
- 2 tablespoons lime juice
- salt and pepper to taste

Prepare rice according to package directions.

In a medium saucepan, heat oil over medium heat. Add onion, garlic, ginger and serrano pepper and sauté 2 minutes. Add carrots and vegetable stock and bring to a boil. Reduce heat, simmer for 15 minutes. Transfer to a blender and carefully purée soup to a smooth consistency in batches to prevent volume expansion of the hot liquid. Stir in lime juice and salt and pepper to taste.

Divide rice into 4 soup bowls and ladle soup on top. Serves 4.

Calories	255	Dietary Fiber	4g	Saturated Fat	0g
Protein	4g	Cholesterol	0mg	Sodium	237mg
Carbohydrates	57g	Total Fat	3g		

## HARVEST CORN CHOWDER

- 1 bag **Success® White or Brown Rice**
- 2 tablespoons unsalted butter
- 1/2 cup onion, chopped
- 1/2 cup celery, sliced thin
- 1/2 cup carrots, chopped
- 1 teaspoon thyme
- 2 tablespoons all-purpose flour
- 2 cups chicken broth
- 1 can (16 ounces) cream-style corn
- 1 cup 2% milk
- salt and pepper to taste

Prepare rice according to package directions.

In a medium saucepan, melt butter over medium heat. Sauté onion, celery, carrots and thyme until tender, about 5 minutes. Sprinkle flour over vegetables and stir to incorporate. Add rice, chicken broth, corn and milk. Bring to a boil, stirring frequently. Reduce heat and simmer 5 minutes. Season to taste with salt and pepper, if desired. Serves 6.

Calories	211	Dietary Fiber	1g	Saturated Fat	3g
Protein	5g	Cholesterol	15mg	Sodium	626mg
Carbohydrates	35g	Total Fat	6g		

## CHEDDAR AND CHIVE RICE SOUFFLE

- 1 bag **Success® Brown or White Rice**
- 2 teaspoons baking powder
- 1 cup whole milk
- 4 large eggs, lightly beaten
- 1/4 cup chives, chopped
- 1 cup cheddar cheese, shredded
- salt and pepper to taste
- non-stick cooking spray

Prepare rice according to package directions. Preheat oven to 325°F.

In a medium bowl, combine rice, baking powder, milk, eggs, chives and cheese. Season with salt and pepper to taste, if desired. Pour into a 1-1/4 quart oven-proof baking dish that has been sprayed with non-stick cooking spray. Bake 35 minutes, or until pudding is set. Remove from oven and allow to sit 10 minutes. Serves 4.

Calories	298	Dietary Fiber	1g	Saturated Fat	9g
Protein	17g	Cholesterol	284mg	Sodium	481mg
Carbohydrates	21g	Total Fat	16g		

**Success is in the Bag®**

## MEDITERRANEAN RICE SALAD

- 2 bags **Success® Brown Rice**
- 1 cup plain yogurt, drained
- 1 small cucumber, peeled, grated and drained
- 1 tablespoon garlic, minced
- 1/2 cup fresh mint, chopped
- 1 tablespoon olive oil
- 1 tablespoon fresh lemon juice
- 1-1/2 teaspoons salt
- 1/2 cup sliced black olives
- 1/2 cup red onion, chopped
- 1 cup cherry tomatoes, halved
- pita wedges, optional



Prepare rice according to package directions. Cool.

In a medium bowl combine yogurt, cucumber, garlic, mint, olive oil, lemon juice and salt. Add rice, olives, red onion and tomatoes. Toss. Serve with pita wedges, if desired. Serves 8.

Calories	207	Dietary Fiber	3g	Saturated Fat	1g
Protein	6g	Cholesterol	3g	Sodium	532mg
Carbohydrates	38g	Total Fat	4g		

## PECAN RICE

- 1 bag **Success® Brown or White Rice**
- 3 cups low sodium chicken broth
- 2 tablespoons butter or margarine
- 2/3 cup pecans, chopped
- 1/2 cup celery, sliced thin
- 1/4 cup onion, chopped
- 1 tablespoon brown sugar
- 2 tablespoons fresh parsley, chopped

Prepare rice according to package directions substituting chicken broth for water.

In a microwave-safe 1 quart bowl, place butter, pecans, celery, onions and brown sugar. Microwave on HIGH for 2 minutes or until vegetables are tender-crisp; add to cooked rice. Top with parsley. Serves 4 to 6.

Calories	303	Dietary Fiber	3g	Saturated Fat	5g
Protein	6g	Cholesterol	18g	Sodium	96mg
Carbohydrates	25g	Total Fat	21g		

## RATATOUILLE RICE STUFFING

- 1 bag **Success® Brown or White Rice**
- 1 tablespoon olive oil
- 1 large eggplant, peeled and diced
- 1 cup onion, chopped
- 2 cups zucchini, diced
- 1 can (14 ounces) Italian-style diced tomatoes
- 1 can (4 ounces) sliced black olives, drained
- 1/2 cup Parmesan cheese, grated
- salt and pepper to taste

Prepare rice according to package directions.

In a large skillet, heat oil over medium heat, add eggplant and sauté 10 minutes. Add onion, zucchini and tomatoes. Reduce heat and simmer 10 minutes. Stir in rice, olives and Parmesan cheese. Heat through. Salt and pepper to taste, if desired. Serves 6.

Calories	168	Dietary Fiber	4g	Saturated Fat	2g
Protein	6g	Cholesterol	0mg	Sodium	366mg
Carbohydrates	22g	Total Fat	7g		

## RICE PANCAKES

- 1 bag **Success® White or Brown Rice**
- 2 large eggs, beaten
- 1 teaspoon sugar
- 1 tablespoon vegetable oil
- non-stick cooking spray
- maple syrup, optional

Prepare rice according to package directions.

In a medium bowl, combine rice, eggs, sugar and oil. Spray a medium skillet with non-stick cooking spray. Heat over medium-low heat. Drop mixture by spoonfuls onto skillet. Brown two minutes, then flip to brown other side. Repeat with remaining batter.

Serve hot with maple syrup, if desired. Serves 4.

Calories	168	Dietary Fiber	0g	Saturated Fat	1g
Protein	5g	Cholesterol	106mg	Sodium	366mg
Carbohydrates	22g	Total Fat	6g		

## WARM CHOCOLATE RISOTTO

- 1 bag **Success® White or Brown Rice**
- 1/2 cup heavy cream
- 1/3 cup sugar
- 2 tablespoons unsalted butter
- 1/2 cup semi-sweet chocolate chips
- fresh mint leaves for garnish, optional

Prepare rice according to package directions.

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

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



# Success®