



INTERNATIONAL Success®

Success Brown Rice recipes with flavors from around the world are just the ticket for a great meal!



Shrimp Fried Rice

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| 2 | bags Success® Brown Rice | 3/4 | pound large shrimp, peeled and deveined |
| 2 | large eggs | 1 | cup fresh bean sprouts |
| 1 | tablespoon sesame oil | 1/2 | cup frozen peas, thawed |
| 1/2 | teaspoon salt | 1/2 | cup green onions, sliced |
| 1 | teaspoon vegetable oil | 1/2 | cup soy sauce |
| 1 | teaspoon fresh garlic, chopped | | |

Prepare rice according to package directions. Cool.

Beat eggs with sesame oil and salt and set aside.

Heat a large non-stick wok over high heat. Add vegetable oil and garlic and stir-fry 10 seconds. Add shrimp and cook for 5 minutes or until shrimp are just done. Add rice and stir-fry 5 minutes. Make a well in center of rice and pour in egg mixture. Cook without stirring for 1 minutes. Stir eggs into rice mixture. Add bean sprouts, peas and green onions and stir-fry 5 minutes. Serve with soy sauce to taste. Serves 4

Chicken Enchiladas Suizas

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| 1 | bag Success® Brown Rice | 2 | cups shredded Monterey Jack cheese, divided |
| 1 | teaspoon vegetable oil | 2 | cans (8 ounces each) green enchilada sauce |
| 2 | cloves garlic, chopped | 16 | corn tortillas |
| 1 | cup onion, chopped | 4 | ounces light sour cream |
| 1 | pound cooked chicken, shredded | 1/4 | cup green onions, chopped |

Prepare rice according to package directions.

Heat oven to 350°F. Coat a 9x13-inch oven-proof casserole dish with non-stick cooking spray and set aside.

Heat oil in a medium skillet and sauté garlic 30 seconds; add onion and cook for 2 minutes. Stir in rice, chicken, 1 cup cheese and 1 can of enchilada sauce. In a small skillet, heat remaining can of enchilada sauce. Dip each tortilla into warm sauce, place in prepared casserole dish, and top with 1/3 cup rice mixture and roll up, seam side down. Repeat with remaining tortillas. Top with remaining cheese, cover with foil and bake for 15 minutes, or until the cheese is melted. Remove from oven and serve topped with sour cream and green onions. Serves 8

Fresh Fruit Crepes

For Crepes:

- 1 cup cooked **Success® Brown Rice**
- 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
- 1 cup cooked **Success® Brown Rice**
- 2-1/2 cups sliced fresh fruit or berries
- confectioner's sugar, optional

Prepare rice according to package directions and divide 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.

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. Serves 6 (2 crepes each)

Minestrone Soup

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| 1 | bag Success® Brown Rice | 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, peeled and 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 all meat is browned. Stir in onion, carrots, celery, Italian seasoning and garlic. Reduce heat to medium. Cook 5 minutes, stirring occasionally. Add beef 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, rice, and heat about 2 minutes. Serves 8

**YOUR
PASSPORT TO
A WORLD OF
GOOD TASTE**



Success is in the Bag

BREAKFAST FRITATA

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| 1 bag Success® Brown Rice | 1/2 teaspoon salt |
| 1 teaspoon vegetable oil | 1/2 teaspoon pepper |
| 1 cup onion, chopped | 1/4 cup green onions, sliced |
| 4 ounces diced ham | 1/2 cup shredded mozzarella cheese |
| 8 large eggs, beaten | |

Prepare rice according to package directions.

Preheat oven to 375°F.

Heat oil in a medium oven-proof, non-stick skillet, over medium heat. Sauté onions 5 minutes. Add ham and cook 1 more minute. Season eggs with salt and pepper and pour into skillet. As eggs set, push mixture to center of pan until no longer runny. Place skillet in oven and bake for 10 minutes or until puffy. Remove from oven and slide onto plate. Cut into wedges and garnish with green onions.

Flavor options: Top with salsa or marinara sauce. Substitute 6 strips cooked crumbled bacon for the ham. Sauté 4 ounces of fresh spinach with the onions. Serves 6

MEDITERRANEAN RICE SALAD

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

Prepare rice according to package directions. Cool.

In a medium bowl, I 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

ASIAN CHICKEN SALAD

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| 1 bag Success® Brown Rice | 1/4 cup green onions, chopped |
| 1/4 cup light mayonnaise | 1 teaspoon salt |
| 1/4 cup light sour cream | 1/2 pound cooked chicken breast, shredded |
| 1 tablespoon sesame oil | 1/4 cup sliced almonds |
| 1 teaspoon fresh garlic, chopped | lettuce leaves |
| 1 tablespoon lime juice | fried rice noodles, optional |
| 1 tablespoon fresh ginger, minced | |

Prepare rice according to package directions.

In a medium bowl, combine mayonnaise, sour cream, sesame oil, garlic, lime juice, ginger, green onions and salt. Fold in rice, chicken and almonds. Serve on lettuce leaves. Garnish with rice noodles, if desired. Serves 4

Italian Pesto Rice

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| 1 bag Success® Brown Rice | 1/4 cup olive oil |
| 1/2 cup fresh basil leaves | 1/4 cup fresh Parmesan cheese, grated |
| 1/4 cup fresh parsley | 1/4 cup, plus 2 tablespoons pine nuts, toasted and divided |
| 1/2 teaspoon pepper | |
| 1/2 teaspoon salt | |
| 1 clove garlic | |

Prepare rice according to package directions.

In a food processor, combine basil, parsley, pepper, salt, garlic, olive oil, Parmesan cheese and 1/4 cup pine nuts. Blend until smooth. Stir into hot rice. Sprinkle with remaining pine nuts. Serves 4

MEXICAN RICE

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| 2 bags Success® Brown Rice | 1 teaspoon cumin |
| 1 teaspoon vegetable oil | 1 small can (8 ounces) tomato sauce |
| 2 cloves garlic, chopped | 1 chicken flavored bouillon cube |
| 1/2 cup onion, chopped | 1/4 cup cilantro, chopped |
| 1/4 cup red bell pepper, chopped | lime wedges, for garnish |
| 1/4 cup green bell pepper, chopped | |
| 1 small jalapeno, seeded and chopped, optional | |

Prepare rice according to package directions, cooking only 8 minutes.

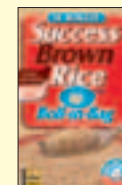
Heat vegetable oil in a large skillet over medium heat. Add garlic and sauté for 30 seconds. Stir in onion, bell peppers, jalapeno and cumin; cook for 5 minutes. Add tomato sauce and bouillon cube and stir until cube dissolves; add cooked rice and stir until heated through. Serve topped with cilantro and garnish with lime wedges. Serves 6

Quick Chicken and Sausage Paella

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| 2 bags Success® Brown Rice | 1 large tomato, seeded and chopped |
| 2 teaspoons vegetable oil, divided | pinch of saffron threads or |
| 1 pound chicken tenders, diced | 1/4 teaspoon turmeric |
| 8 ounces cooked chorizo or link sausage, sliced | 1/2 cup frozen peas, thawed |
| 1 clove garlic, chopped | 1/4 cup fresh parsley, chopped |
| 1 cup onion, chopped | 1/3 cup sliced green olives |
| 1 red bell pepper, seeded and chopped | salt and pepper to taste |

Prepare rice according to package directions.

Heat 1 teaspoon vegetable oil in a large skillet. Add chicken and brown about 5 minutes; add sausage and cook 5 more minutes. Remove and reserve. In same skillet, add remaining oil and sauté garlic for 10 seconds. Add onion, bell pepper, tomato and saffron or turmeric; cook 5 minutes. Stir in rice, peas and 1/2 chicken and sausage. Arrange remaining chicken and sausage on top of rice and garnish with parsley and green olives. Serves 8



Success is in the Bag



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 Whole Grains Council.